



Product Spotlight: Eggplant

Eggplants are super versatile and loved for their creamy texture after cooking. The eggplant is commonly known as a vegetable; but is a member of the berry family!



Katsu Eggplant Burgers

with Togarashi Chips

Crispy panko-crumbed eggplant, curried mayonnaise, pickled purple carrot and avocado in charcoal buns served with potato chips tossed in Japanese togarashi seasoning!



35 minutes



2 servings



Vegetarian

3 March 2023

Switch it up!

*Skip crumbing the eggplant if preferred.
You can pan-fry the slices or grill them
on the BBQ for a smoky flavour.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	49g	123g

FROM YOUR BOX

MEDIUM POTATOES	3
MEDIUM EGGPLANT	1
CURRY MAYONNAISE	1 packet
PANKO CRUMBS	1 packet (50g)
PURPLE CARROT	1
LEBANESE CUCUMBER	1
AVOCADO	1
BABY COS LETUCE	1
BURGER BUNS	2-pack
TOGARASHI	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, sugar of choice (see notes)

KEY UTENSILS

large frypan, oven tray

NOTES

The togarashi is made with dried chilli flakes, lemon pepper and mixed sesame seeds.

We used white sugar. Brown sugar or raw sugar would also work well.

No gluten option – charcoal burger buns are replaced with gluten-free burger buns. Panko crumbs are replaced with lupin crumbs.



1. ROAST THE POTATO CHIPS

Set oven to 250°C.

Cut potatoes into chips. Toss on a lined oven tray with **oil**. Roast for 20–25 minutes until golden and crispy.



2. CRUMB & COOK EGGPLANT

Slice eggplant. Coat with 1/2 packet mayonnaise, **salt and pepper**. Spread panko crumbs on a plate. Press eggplant into crumbs to coat all over. Heat a frypan over medium heat with **oil**. Add eggplant (in batches) and cook for 4–5 minutes each side until golden.



3. PICKLE THE CARROT

Meanwhile, julienne or ribbon the carrot using a vegetable peeler. Add to a non-metallic bowl with **1 tbsp vinegar**, **2 tsp sugar** and **2 tsp salt**. Toss to combine and set aside.



5. PREPARE THE COMPONENTS

Ribbon cucumber and slice avocado. Shred lettuce. Set aside with remaining mayonnaise.

Cut buns in half. Toast in oven for 2–3 minutes until warmed through.



5. SEASON THE CHIPS

Toss the chips with togarashi to coat. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Drain the carrot.

Assemble burgers with mayonnaise, crumbed eggplant, pickled carrot and prepared components. Serve with seasoned chips.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

