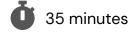




## Katsu Eggplant Burgers

### 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!



3 March 2023



2 servings



# 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.

TOTAL FAT CARBOHYDRATES

#### 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



