



### Product Spotlight: Lupin Crumbs

Coastal Crunch's lupin crumb is great for crumbing, as a pasta topping, or anywhere you would use breadcrumbs, and it's available in our Marketplace!



## Eggplant Schnitzels with Cheesy Polenta

Baked eggplant schnitzels with a crispy golden crumb coating, served with jammy cherry tomatoes and soft, cheesy polenta using almond cheddar from Noshing Naturally, finished with a sprinkle of fresh basil.



35 minutes



2 servings



Plant-Based

## Spice it up!

*Season the eggplant slices with a dried herb or ground spice before coating with the crumbs. You can use dried oregano, thyme, smoked paprika or crushed garlic.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 39g **CARBOHYDRATES** 79g

## FROM YOUR BOX

EGGPLANT	1
LUPIN CRUMB	40g
BROWN ONION	1
CHERRY TOMATOES	200g
ALMOND CHEDDAR CHEESE	1 packet
INSTANT POLENTA	125g
BASIL	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, fennel seeds

## KEY UTENSILS

frypans, saucepan, oven tray

## NOTES

Slice the eggplant into roughly 1.5–2cm thick slices. This should give you 4–5 slices.

Use an olive oil spray if you have one for even coverage of oil on the crumbs.

You can add some crushed garlic to the tomatoes if you have some.

For a cheesier polenta use the whole packet. You could also grate the cheese and use to garnish at the end.



### 1. CRUMB THE EGGPLANT

Set oven to 220°C.

Slice **eggplant** lengthways (see notes). Coat with **oil** and press into **lupin crumbs** until coated on all sides.



### 2. BAKE THE EGGPLANT

Transfer the eggplant slices to a lined oven tray and drizzle with **oil** (see notes). Bake for 20–25 minutes until golden brown and cooked through.



### 3. COOK THE ONION

Meanwhile, thinly slice **onion**. Add to a frypan over medium–high heat with **2 tbsp olive oil**. Cook for 5 minutes until softened.



### 4. COOK THE TOMATOES

Halve and add **cherry tomatoes** to pan along with **1/2 tsp fennel seeds** and **1 tbsp balsamic vinegar**. Leave to cook for 5 minutes until broken down (see notes). Season well with **salt and pepper**. Set aside.



### 5. COOK THE POLENTA

Dice **1/2 cheddar cheese** (see notes). Bring a saucepan with **650ml water** to a boil. Gradually pour in **polenta**, whisking continuously until thickened. Remove from heat and stir in cheese until melted. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Divide polenta among shallow bowls. Top with tomatoes and eggplant schnitzels. Pick or slice **basil** leaves and use to garnish.



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