



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 aioli, pickled fresh beetroot and avocado in charcoal buns served with potato chips tossed in Japanese togarashi seasoning!



35 minutes



2 servings



Vegetarian

Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	51g	123g

FROM YOUR BOX

MEDIUM POTATOES	3
MEDIUM EGGPLANT	1
CURRY MAYONNAISE	1 packet
PANKO CRUMBS	50g
BEETROOT	1
LEBANESE CUCUMBER	1
AVOCADO	1
BABY COS LETTUCE	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

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

Togarashi: dried chilli flakes, lemon pepper and mixed sesame seeds.

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 BEETROOT

Meanwhile, julienne, grate or ribbon the **beetroot** 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.



4. 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 beetroot.

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



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