



# UCOOK

## Crumbed Vegetarian Aubergine Schnitzel

**with an apple, cranberry & walnut salad**

A vegetarian feast that expertly balances smooth and crunchy. A silky smooth potato mash accompanies chilli panko breadcrumb-coated aubergine slices. Elevated with a zesty apple & greens salad, which is finished with Italian-style hard cheese ribbons, pan-roasted walnuts, and sweet cranberries.

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**Hands-on Time:** 50 minutes

**Overall Time:** 60 minutes

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**Serves:** 3 People

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**Chef:** Cara Marshall

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Adventurous Foodie

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Deetlefs Wine Estate | Deetlefs Stonecross  
Sauvignon Blanc

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## Ingredients & Prep

600g	Potato Chunks
45g	Walnuts <i>roughly chop</i>
16g	Mixed Herbs <i>(8g Fresh Oregano &amp; 8g Fresh Parsley)</i>
3	Garlic Cloves <i>peel &amp; grate</i>
150ml	Cake Flour
315ml	Chilli Crumb <i>(300ml Panko Breadcrumbs &amp; 15ml Dried Chilli Flakes)</i>
750g	Aubergine <i>rinse, trim &amp; cut lengthways into 1cm thick slices</i>
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
2	Apples <i>rinse, peel, core &amp; thinly slice 1½</i>
2	Lemons <i>rinse &amp; cut 1½ into wedges</i>
90g	Italian-style Hard Cheese <i>peel into ribbons</i>
45g	Dried Cranberries <i>roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Egg/s  
Paper Towel  
Butter

**1. MAKE THE MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. TOASTED NUTS** Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CHILLI CRUMBED AUBERGINE** Rinse, pick, and finely chop the mixed herbs. Whisk 2 eggs in a shallow dish with a splash of water and the grated garlic. Prepare two more shallow dishes: one containing the flour (lightly seasoned) and the other containing the chilli crumb, and the chopped mixed herbs. Coat the aubergine slices in the seasoned flour first, then in the egg, and, lastly, in the crumb. Press the crumb into the aubergine so that it sticks and coats evenly. Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the crumbed aubergine until golden and cooked through, 2-3 minutes per side. You will need to do this step in batches. Remove from the pan, drain on paper towel, and season.

**4. SOME FRESHNESS** In a salad bowl, toss together the shredded salad leaves, the apple slices, a squeeze of lemon juice, a drizzle of olive oil, and seasoning.

**5. SIMPLY ENJOY** Plate up the potato mash. Top with the aubergine schnitzel. Drizzle over a squeeze of lemon juice. Side with the apple salad. Scatter the cheese ribbons, the toasted walnuts, and the chopped cranberries over the salad.

## Nutritional Information

Per 100g

Energy	370kJ
Energy	89kcal
Protein	2.8g
Carbs	15g
of which sugars	4.2g
Fibre	2.7g
Fat	1.9g
of which saturated	0.5g
Sodium	37mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Cow's Milk

Eat  
Within  
3 Days