

# UCOOK

## Crispy Aubergine Schnitzel Sandwich

with harissa mayo & pickled onion

Who said you can't make a sarmie for dinner, Chef? If it's like this one, you will reach for the bread bin more often. A toasted ciabattini roll is smeared with harissa-infused mayo, topped with crunchy greens, panko crumb-coated aubergine slices & homemade pickled onions. Served with a feta & olive salad.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Samantha du Toit

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Veggie

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Stettyn Wines | Stettyn Family Range Chenin Blanc

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## Ingredients & Prep

|       |   |
|-------|---|
| 40ml  | White Wine Vinegar  |
| 1     | Onion<br><i>peel &amp; finely slice ¼</i>                                     |
| 1     | Ciabatta Roll   |
| 1     | Garlic Clove<br><i>peel &amp; grate</i>                                       |
| 50ml  | Cake Flour  |
| 100ml | Chilli Crumb<br><i>(5ml Dried Chilli Flakes &amp; 95ml Panko Breadcrumbs)</i> |
| 250g  | Aubergine<br><i>rinse, trim &amp; cut lengthways into 1cm thick slices</i>    |
| 10ml  | Pesto Princess Harissa Paste  |
| 40ml  | Mayo  |
| 40g   | Salad Leaves<br><i>rinse &amp; roughly shred</i>                              |
| 50g   | Cucumber<br><i>rinse &amp; cut into half-moons</i>                            |
| 30g   | Danish-style Feta<br><i>drain</i>   |
| 30g   | Pitted Kalamata Olives<br><i>drain &amp; roughly chop</i>                     |

## From Your Kitchen

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

**1. PICKLED ONION** In a bowl, combine the vinegar, 5ml of sweetener, and seasoning. Toss through the sliced onion and set aside to pickle. Drain right before serving.

**2. BUTTERY ROLL** Halve the ciabatta roll, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes.

**3. CRUMBED AUBERGINE** Whisk 1 egg in a shallow dish with a tsp of water and the grated garlic. Prepare two more shallow dishes: one containing the flour (lightly seasoned) and the other containing the chilli crumb. Coat the aubergine slices in the seasoned flour first, then in the egg, and lastly lightly coat with the chilli crumb. 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. HARISSA MAYO & SALAD** In a bowl, combine the harissa paste and the mayo. Loosen with a splash of water. In a salad bowl, toss together ¾ of the shredded salad leaves, the cucumber half-moons, ½ the pickled onions, the drained feta, the chopped olives, a drizzle of olive oil, and seasoning.

**5. SARMIES TO THE RESCUE!** Spread the toasted ciabatta roll with the harissa mayo. Fill with the remaining salad leaves, the crumbed aubergine, and the remaining pickled onions. Season and close up! Serve the salad on the side.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 516kJ   |
| Energy             | 123kcal |
| Protein            | 3.2g    |
| Carbs              | 17g     |
| of which sugars    | 3.4g    |
| Fibre              | 2.2g    |
| Fat                | 4.9g    |
| of which saturated | 0.9g    |
| Sodium             | 188mg   |

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Eat  
Within  
3 Days