



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.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Cara Marshall

Adventurous Foodie

Deetlefs Wine Estate | Deetlefs Stonecross
Sauvignon Blanc

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Ingredients & Prep

200g	Potato Chunks
15g	Walnuts <i>roughly chop</i>
6g	Mixed Herbs <i>(3g Fresh Oregano & 3g Fresh Parsley)</i>
1	Garlic Clove <i>peel & grate</i>
50ml	Cake Flour
105ml	Chilli Crumb <i>(100ml Panko Breadcrumbs & 5ml Dried Chilli Flakes)</i>
250g	Aubergine <i>rinse, trim & cut lengthways into 1cm thick slices</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
1	Apple <i>rinse, peel, core & thinly slice ½</i>
1	Lemon <i>rinse & cut ½ into wedges</i>
30g	Italian-style Hard Cheese <i>peel into ribbons</i>
15g	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, 15-20 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 1 egg 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