

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.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Samantha du Toit

Veggie

Stettyn Wines | Stettyn Family Range Chenin Blanc

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Ingredients & Prep

80ml	White Wine Vinegar
1	Onion <i>peel & finely slice ½</i>
2	Ciabatta Rolls
1	Garlic Clove <i>peel & grate</i>
100ml	Cake Flour
200ml	Chilli Crumb <i>(10ml Dried Chilli Flakes & 190ml Panko Breadcrumbs)</i>
500g	Aubergine <i>rinse, trim & cut lengthways into 1cm thick slices</i>
20ml	Pesto Princess Harissa Paste
80ml	Mayo
80g	Salad Leaves <i>rinse & roughly shred</i>
100g	Cucumber <i>rinse & cut into half-moons</i>
60g	Danish-style Feta <i>drain</i>
60g	Pitted Kalamata Olives <i>drain & 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, 10ml of sweetener, and seasoning. Toss through the sliced onion and set aside to pickle. Drain right before serving.

2. BUTTERY ROLL Halve the ciabatta rolls, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, 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 rolls 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