

Eggplant Zorba

Ingredients

- 2 medium eggplants cut in 1 cm rounds
 - 1½ tsp salt
 - 1-2 cups rice crumbs
 - ½ cup soymilk
 - 1 tsp garlic or onion powder
 - 2 large red capsicums sliced
 - 4 big mushrooms sliced
 - ½ bunch spring onions cut fine
 - Olive oil to fry (you can also use sunflower or avocado oil)
 - Salt and pepper
 - 2 chillies (optional)
 - Handful of fresh oregano
 - 2 large tomatoes sliced thinly
 - ½ cup vegan cheese
- I used this recipe www.veets.com.au/blog/fermented-cashew-cheese
or you could use ricotta from this recipe www.veets.com.au/blog/lasagne-bowl

Method

1. Rub 1 tsp salt into the eggplants slices and place in a container with a lid in the fridge overnight.
2. Next day, rinse the eggplant to remove the salt and pat dry with paper towel.
3. Place the milk in a bowl and the rice crumbs in another bowl. Dip each eggplant slice in the milk then the rice crumbs. Heat some oil in a frying pan and fry the eggplant on each side for 2 minutes or until they have browned.
4. Put the cooked eggplant slices in a baking dish. If you have any rice crumbs left over, fry them in the frying pan until browned a little and put in a bowl. Wash out the frying pan.
5. Sauté the onion, oregano, capsicums, chilli and some salt in ¼ cup water in the frying pan until the capsicums are soft. Add more water if they start to stick to the pan. Remove from the pan when cooked.
6. Cook the mushrooms in a splash of oil and salt and pepper to taste. When cooked, mix with the capsicums.
7. Add the capsicum mushroom mix to the baking dish, covering the eggplant, then add the tomato slices and spoon on the cheese so each tomato slice has a small blob of cheese. Sprinkle with the left over cooked rice crumbs. Place in a 180°C oven for 20 minutes to warm up and melt the cheese.



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