

THE VEGETABLE BUTCHER

EGGPLANT PARMESAN



By Joshua James

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Serves 4

Ingredients:

- Two medium sized eggplant, sliced into ½” Rounds
- 1 cup all-purpose flour
- Water as needed, about a cup
- 1 Tbsp Salt
- 1 Tbsp Pepper
- 1 Tbsp Granulated garlic
- 1TbIs Onion powder
- Panko bread crumbs as needed
- Two cups Marinara (jarred is okay, or BPA-free can)
- 1 Cup Vegan Mozzarella.
- Grapeseed oil as needed

Directions:

Step 1: Preheat oven to 400 degrees. Slice the top off the eggplant and continue down the length of the eggplant, slicing ½” rounds.

Step 2: Mix flour and seasoning together.

Step 3: Add enough water to make a slightly thinner than pancake batter consistency.

Step 4: Dip eggplant slice into flour mixture allowing some of the batter to drip off.

Step 5: Place into panko and coat evenly.

Step 6: Meanwhile preheat a large cast iron skillet to medium-high with about ¼ inch of oil in the bottom.

Step 7: Fry each side of eggplant for about three minutes. Remove and place on paper towel or kitchen towel to soak any excess oil.

Step 8: Set up on sheet tray and place one ounce of marinara and one ounce of cheese on each slice, bake at 400 degrees for eight minutes.

Step 9: Serve immediately topped with marinara and vegan parmesan