



Recipe Category / Vegetables

# Eggplant bites

40'

Hands on

30 minutes'

Hands off

5'

Cook Time

4-6

Portion(s)

1

Difficulty



## Ingredients

- 2 medium eggplants
- 2 tablespoons salt
- 120 g all-purpose flour
- 4 medium eggs, lightly beaten
- 200 g breadcrumbs, dried or panko
- 100 g parmesan, grated
- pepper
- sunflower oil, for the frying
- [basic tomato sauce](#), to serve
- 1 tablespoon fresh thyme, to serve

## Διατροφικός πίνακας

Nutrition information per portion

392 Calories (kcal)	17.0 Total Fat (g)	5.2 Saturated Fat (g)	41.0 Total Carbs (g)
20%	24%	26%	16%
3.5 Sugars (g)	17.0 Protein (g)	4.0 Fibre (g)	4.0 Sodium (g)
4%	34%	16%	67%

## Method

- Peel the eggplants and cut them into 2 cm pieces.
- Add the pieces into a [bowl](#) and season with the salt.
- Mix and allow 30 minutes for the eggplant pieces to sweat and remove their bitterness.
- At the same time, prepare the breading ingredients.
- Add the flour into a bowl. In a second bowl add the eggs, and in a third bowl add the breadcrumbs with the parmesan and the pepper.
- Rinse the eggplant pieces well under running water and then, pat them dry with kitchen paper.
- Heat the sunflower oil in a deep [frying pan](#) by filling it 5 cm high.
- Firstly, dredge the eggplant pieces into the flour so that they are completely coated, then dip them into the eggs, and finally dredge them in the breadcrumbs' mixture.
- Fry the eggplant pieces in batches for 4-5 minutes, until golden on all sides, and then transfer them with a slotted spoon onto a plate with kitchen paper.
- Serve with [tomato sauce](#) and sprinkle with fresh thyme.