



EGGPLANT PARM SANDWICH

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 1030/SERVING



The crispiness of the battered and fried eggplant in this sandwich is so delicious. Shishito peppers add a bold yet still mild flavour to the sauce. Topped off with creamy melted vegan mozzarella and stacked on a fresh bun!

WHAT YOU'LL NEED

- Large pan
 - Small or medium pan
 - Baking sheet or oven-safe dish
 - Silicone baking mat (optional)
 - Clean kitchen cloth
- Oil



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Eggplant	1	2
Shishito peppers	3 oz	6 oz
Garlic	3 cloves	6 cloves
Vegan cheese shreds	1 cup	2 cups
Sandwich buns	2	4
Vegan mayo	2 tbsp	4 tbsp
All purpose flour	1/4 cup	1/2 cups
Almond milk	1/2 cup	1 cup
Herbed breadcrumbs	1.5 cups	3 cups
Tomato sauce	1.5 cups	3 cups



Preheat oven to 400°F. Prep ingredients: cut **eggplant** into 1 inch thick slices. Cut **shishitos** into strips and remove stems and seeds. Finely **mince** garlic, and slice **buns** in half. In a bowl, mix **flour** and **almond milk** to make a **batter**, and add the **breadcrumbs** to another.



Heat large pan over medium heat. Once hot, pour in enough **vegetable oil** to reach the top of your eggplant slices (about 1 inch in the pan). Once the **oil** is hot, dip each **eggplant slice** into **batter** then thoroughly coat in **dry breadcrumb mix**.



Fry **breaded eggplant** in oil for 5-6 minutes per side, until golden brown. Once done, remove from pan and place the **fried eggplant** on a plate with a clean kitchen cloth to drain excess oil.



Meanwhile, heat 1 tsp of **oil** in small or medium pan then add **shishitos** and cook for 5 minutes then add **garlic**. Once **peppers** are soft and **garlic** is fragrant, add **tomato sauce** and simmer for 5 minutes, then turn off heat.



Set **fried eggplant slices** on an oven-safe dish with a silicone baking mat (or lightly greased) and spoon a generous amount of **sauce** onto each piece. Spread out the **shishito peppers** so that there are **peppers** on top of each **eggplant piece**. Sprinkle **cheese shreds** on top and bake for about 10 minutes until **cheese** is bubbly and melted. In the last 5 minutes, add **buns** to the oven to toast.



To serve, spread **vegan mayo** on each bun then top with **fried eggplant slices**.

Nutrition Facts		Valeur nutritive	
Per Serving (895 g)			
pour 1 (895 g)			
Calories 1030		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 35 g			47 %
Saturated / saturés 3.5 g			33 %
+ Trans / trans 3.0 g			
Carbohydrate / Glucides 151 g			
Fibre / Fibres 19 g			68 %
Sugars / Sucres 25 g			25 %
Protein / Protéines 33 g			
Cholesterol / Cholestérol 75 mg			25 %
Sodium 1660 mg			72 %
Potassium 1150 mg			24 %
Calcium 950 mg			73 %
Iron / Fer 4 mg			22 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			