



PanFried Eggplant

Savannah · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

4

Description

This panfried eggplant recipe is a delicious way to use some eggplant fresh or older While it may say it serves four you might want all this to yourself

Ingredients

- - 1 cup all-purpose flour - ½ cup plain bread crumbs - ? cup Parmesan cheese - 2 teaspoons salt - 2 teaspoons ground black pepper - 1 teaspoon garlic powder - oil for frying - 1 eggplant
- cut into 1/8-inch slices

Instructions

1. Shake flour
2. bread crumbs
3. Parmesan cheese
4. salt
5. pepper
6. and garlic powder together in a gallon-size resealable plastic bag. Pour oil into a large skillet over medium heat. Coat a handful of eggplant slices with flour mixture. Add to the hot oil; cook until crisp and light brown
7. 2 to 3 minutes. Flip and cook until other side is browned
8. 1 to 2 minutes more. Remove slices carefully and move to a plate or cooling rack; cover with paper towels. Repeat with the remaining eggplant slices. Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
9. ingredient density
10. and specific type of oil used.