



Eggplant Cutlets

(2 servings)

- 1 large Italian Eggplant
- ¼ cup Seven Happy Seeds Mumbai Fish Fry
- ¼ cup Japanese style Panko bread crumbs
- 2 tablespoons chopped cilantro leaves
- 1 tablespoon lemon juice
- Cooking oil
- ½ Teaspoon Salt (or to taste)

Shopping List

- Large (Italian) Eggplant
- Japanese-style Panko Breadcrumbs
- Garlic Pods
- Cilantro Sprigs
- Lemon

1. Cut eggplant in ¼ inch thick slices, and immerse in cold water with a pinch of salt
2. Drain water from eggplant slices and pat dry with a paper towel.
3. Score each slice lightly with a knife 4-5 times.
4. In a shallow bowl mix Mumbai Fish Fry, Panko breadcrumbs, cilantro, and lemon juice.
5. Press one side of each eggplant slice into seasoned breadcrumbs, then repeat on the other side. Remove slices on another plate, and let them sit for 5 minutes.
6. Heat two tablespoons of oil in a frying pan and place a few eggplant slices in the pan at a time.

Let crisp to a golden brown color on each side (3-4 minutes) on medium heat. Remove from pan and serve hot.