



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BAKED EGGPLANT

Time: 30 minutes

Serves: 4

Ingredients:

20g extra-virgin olive oil
5g soy sauce
1g garlic powder
1g smoked paprika
1 eggplant – quartered lengthwise & sliced into 3mm thick strips

Preparation:

Preheat oven to 200C (400F).

Whisk together the olive oil, soy sauce, garlic powder and paprika.

Pour it over the eggplant and toss gently to evenly coat each strip.

Bake for twelve minutes on a parchment-lined baking sheet. Turn over the strips and bake for another twelve minutes.

Serve immediately.

Nutritional Information Per Serving:

Calories: 124
Fat: 10g
Carbs: 11g
Fibre: 6g
Protein: 2g