

# Eggplant

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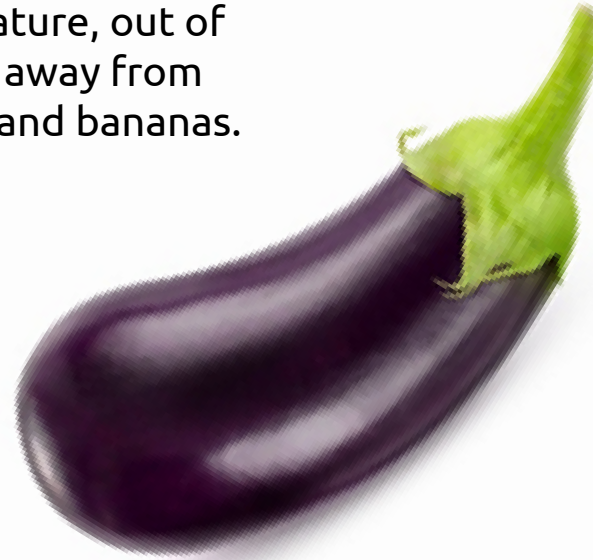
Eggplant typically has a smooth, shiny, deep purple skin with a creamy white interior. Many small light brown seeds are dispersed through the flesh. It has a mild taste and is typically cooked with stronger flavours. There are also light purple, white, orange, green and green-yellow 'banana' eggplants. Size and shapes also vary from large and pear shaped to the size of a marble.

## 01 Storage

Store at room temperature, out of sun and away from melons and bananas.

## 02 Preparation

Wash before use. Remove stem and cut into desired sizes.



## 03

### Use

If baking whole, pierce the eggplant several times with a fork to make small holes for the steam to escape. If salting, rinse thoroughly before cooking. Avoid peeling to retain fibre and nutrients.

## 04

### Nutrition

Eggplant is a good source of vitamin B6. Vitamin B6 helps your body form red blood cells and maintain brain function.



**Mansfield Fresh**  
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# ***Chargrilled eggplant and tomato salad***



## INGREDIENTS

- 2 eggplants, thickly sliced lengthways
- 2 tsp Cajun seasoning
- 350g mixed medley tomatoes, halved (or whatever tomatoes you have available).
- 1/4 cup flat-leaf parsley leaves
- 1 tbs extra virgin olive oil

## METHOD

### **Step 1**

Heat a barbecue grill or chargrill on high. Spray eggplant with olive oil spray. Sprinkle both sides with the Cajun seasoning. Cook eggplant, in 2 batches, for 2-3 mins each side or until tender.

### **Step 2**

Arrange the eggplant on a platter and top with tomato and parsley. Drizzle with olive oil. Season.

Recipe from [taste.com.au](http://taste.com.au)