

AIR-FRYER EGGPLANT

Ingredients:

3 c. fresh eggplant, sliced in ½" slices

¼ tsp. kosher salt

½ c. flour

¼ tsp. kosher salt

Pinch of freshly ground black pepper

2 eggs

2 T. water

1 c. panko breadcrumbs

2 tsp. vegetable oil

2 T. soy sauce

2 T. water

2 tsp. unseasoned rice vinegar

2 tsp. lemon juice

1 tsp. honey



Directions:

1) Preheat your air fryer to 400 degrees.

2) Sprinkle the sliced eggplant with ¼ tsp. kosher salt.

3) Mix the flour, ¼ tsp. kosher salt, and pinch of pepper in a shallow dish. Mix the eggs and 2 T. water in a second dish. Mix the breadcrumbs and vegetable oil in a third dish.

4) Dip the eggplant slices in the flour, then the egg, then the breadcrumbs, evenly coating all sides.

5) Put a single layer of eggplant slices in the air fryer basket. Fry at 400 degrees for 10 minutes, then remove. Keep this batch in a warm (200 degree) oven while you fry the second batch.

6) Mix together the soy sauce, 2 T. water, vinegar, lemon juice, and honey to use as a dipping sauce.