

Mediterranean Eggplant

Air Fryer

Serves 2

Ingredients

- 1 medium Japanese eggplant (300–350 g), cut into 2 cm cubes
- 1 T olive oil (14 g)
- 1/4 tsp salt (≈1.5 g)
- 1/4 tsp black pepper
- ½ tsp garlic powder OR 1 small clove grated
- ½ tsp dried oregano or thyme
- 1 T grated Parmesan (8–10 g), optional
- Optional: squeeze of lemon after cooking



Instructions

1. Prep:
 - ▪ Cut **eggplant** into 2 cm cubes.
 - ▪ Pat dry lightly with paper towel.
2. Season:
 - ▪ Toss eggplant with **olive oil, salt, pepper, garlic,** and **oregano**.
 - ▪ Ensure pieces are lightly coated but not saturated.
3. Air Fry:
 - ▪ **Preheat to 200°C for 3 minutes.**
 - ▪ Spread eggplant in a single layer (do not overcrowd).
 - ▪ Cook at 200°C for **12–15 minutes.**
 - ▪ Shake basket at 7–8 minutes.
 - ▪ Eggplant should be browned at edges and creamy inside.
4. Finish:
 - ▪ Sprinkle Parmesan immediately after cooking if using.
 - ▪ Add lemon squeeze if desired.
 - ▪ Serve immediately.

Nutrition (per serving, 2 servings total)

Kcal: ~150 | Protein: 4 g | Fat: 11 g | Sat Fat: 2 g | Carbs: 11 g | Sugars: 5 g |
Fiber: 5 g | Sodium: ~220 mg | Omega-3: minimal