

Garlic Parmesan Japanese Eggplant ガーリックパルメザン焼きなす

Air Fryer

Servings: 2

Ingredients

1. 230 g Japanese eggplant (長なす), cut into 2–3 cm diagonal chunks
2. 1 T (14 g) olive oil (オリーブオイル)
3. 2 cloves garlic (にんにく), finely minced
4. 20 g freshly grated Parmesan cheese (パルメザン)
5. 1 tsp dried oregano (オレガノ)
6. ¼ tsp kosher salt + pinch MSG (塩+MSG)
7. Freshly ground black pepper (黒こしょう)
8. 1 tsp fresh lemon juice (レモン汁)
9. 1 T fresh basil, chopped (バジル)
or fresh parsley (イタリアンパセリ)



Instructions

1. Preheat

Preheat the air fryer to **190°C** for **3 minutes**.

2. Prepare the Eggplant

Wash and dry the eggplant.

Trim the stem end.

Cut into 2–3 cm diagonal chunks.

This shape provides more surface area for browning while keeping the interior creamy.

3. Season

In a medium bowl combine:

- **eggplant**
- **olive oil**
- **oregano**
- **salt**
- **black pepper**

Toss well until evenly coated.

Reserve the minced garlic for later to prevent burning.

4. Air Fry

Arrange the eggplant in a single layer in the air fryer basket.

Cook at **190°C** for **8 minutes**. Shake the basket once halfway through.

5. Add Garlic

Open the basket. Sprinkle over the minced garlic. Toss gently.

Continue cooking **2–3 minutes** until the eggplant is lightly browned and tender.

6. Finish

Immediately transfer to a serving bowl.

Add:

- **Parmesan cheese**
- **lemon juice**

Toss gently.

Sprinkle with:

- chopped **basil** (*recommended with pesto pasta*)
- or chopped **parsley**

Serve immediately.

Chef's Notes

- Japanese eggplant cooks more quickly than globe eggplant because of its thinner skin and finer texture.
 - Adding the garlic near the end prevents it from burning while still allowing it to become fragrant.
 - Parmesan is added after cooking so it melts slightly without becoming dry or bitter.
 - Fresh basil pairs beautifully with pesto pasta, while parsley makes this an excellent side dish for grilled meats or fish.
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Variations

Mediterranean

Add:

- 8–10 Kalamata olives, sliced
 - 30 g crumbled feta cheese
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Italian

Add:

- halved cherry tomatoes
 - fresh mozzarella pearls
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Spicy

Add:

- pinch red pepper flakes
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Pesto Pasta Version

Fold gently into:

- Shrimp Pesto Penne
- Chicken Pesto Pasta
- Broccoli Pesto Pasta

The eggplant should be added **last** to preserve its shape.

Serving Suggestions

Excellent with:

- Shrimp Pesto Penne
- Grilled chicken
- Salmon
- Mediterranean grain bowls

- Crusty artisan bread

Nutrition (Approximate)

Per Serving (2 servings)

Kcal: 140 | **Protein:** 5 g | **Fat:** 10 g | **Sat Fat:** 2.5 g | **Carbs:** 10 g | **Sugars:** 4 g | **Fiber:** 4 g | **Sodium:** 250 mg | **Omega-3:** 0.1 g

Whole Recipe

Kcal: 280 | **Protein:** 10 g | **Fat:** 20 g | **Sat Fat:** 5 g | **Carbs:** 20 g | **Sugars:** 8 g | **Fiber:** 8 g | **Sodium:** 500 mg | **Omega-3:** 0.2 g

Recipe Notes

This recipe was adapted from an oven-roasted garlic eggplant concept into a simpler, air fryer-friendly version designed specifically for Japanese eggplant. By adding the garlic and Parmesan near the end of cooking, the flavors remain fresh while avoiding scorching in the air fryer. The result is a creamy, lightly caramelized eggplant that complements Mediterranean dishes, particularly pesto pasta, without requiring complicated preparation.