

Recipe Name: Eggplant Steaks Recipe

Diet Type:

Course: Main Course

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 2 Brinjal (Baingan / Eggplant) - sliced lengthwise	2
• 1/2 cup Kabuli Chana (White Chickpeas) - soaked overnight & cooked till tender	
• 1 Red Yellow or Green Bell Pepper (Capsicum) - roasted and chopped	
• 1/2 cup Feta Cheese - crumbled	
• Parsley leaves - a handful	
• Salt - to taste	
• 1-1/2 teaspoons Black pepper powder - freshly crushed	
• 1-1/2 tablespoon Extra Virgin Olive Oil	
• 3 tablespoons Tomato Ketchup	
• 1-1/2 tablespoons Worcestershire sauce	
• 1/2 teaspoon Dried oregano	
• 1/2 teaspoon Paprika powder	
• 1/2 teaspoon Brown Sugar (Demerara Sugar)	
• Salt - to taste	

Preparation

- To begin making the Eggplant steaks first Rub the eggplant with salt and pepper and keep in a colander for 15-20 minutes.
- Place the Eggplant slices on it and grill on both sides till it becomes soft.
- Brush the eggplant slices with some sauce.
- Place the slices on a serving plate.
- Top with the chickpeas and bell pepper.
- Drizzle some sauce over it.



- Top with feta cheese and garnish with parsley leaves.
- Serve Eggplant Steaks Recipe hot or cold.
- Make a meal with Pita wedges and Tomato Noodle Soup.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
-----------------	-------------	-----------	---------	-----------	-----------

