

Recipe Ingredients ...	Quantity:	Description:
Aubergine, raw	65g	0.3x aubergine
Onions, raw	60g	1x small
Mushrooms, white, raw	50g	3.1x average
Eggs, chicken, whole, raw	114g	2x Average, Size 3
Peppers, capsicum, chilli, red, raw	10g	0.5x average pepper
Almond flour	40g	0.4x cup
Coconut flour	30g	0.3x cup
Milk, whole, pasteurised, average	15g	1x Prepacked portion/1 tablespoon
Vinegar	3.8g	1x teaspoon
Sea Salt	8g	1x heaped teaspoon
Pepper, black	1g	1x 1g
Oil, coconut	9g	1x teaspoon (solid)

Portions / Pack Sizes ...	Quantity:	Kcal:	Sale Price
1 Serving	406g 1 SERVING	661	

Cooking Instructions & Notes

1. Slice Aubergine lengthways, sprinkle with salt and put in the Oven @ 50c for 15 minutes.
2. Bring a pot of water to the boil add vinegar & salt, allow to simmer and crack an egg and poach in water.
3. Slice onion, mushrooms and chillies. Beat one egg with milk.
4. Take Aubergine steaks out of the oven, cover with almond & coconut flour, slap between hands to bang off excess flour and dip both sides in egg & milk mixture.
5. Seal Aubergine steak in a pan 1 minute each side and finish in the oven for 10 minutes.
6. Saute onion, mushrooms & chilli in frying pan with coconut oil.
7. Take Aubergine steak out of the oven onto a plate & saute vegetables and poached egg.