

## Parmesan and Pecan Aubergine

Aubergine, brinjals, egg plant, whatever you want to call them, are pretty versatile keto foods. These are a great side dish for any dinner.

### Ingredients:

- 1 aubergine
- 1/3 cup pecan flour
- 1/3 cup coconut flour
- 1/3 cup parmesan cheese (the powdered kind)
- salt & pepper
- paprika
- 2 eggs
- 1/2 tsp crushed garlic
- splash of cream
- pecan oil



### Directions:

1. Slice the aubergine into thick strips (about 2cm) then cut into cubes. Place the cubes on a dish towel (not your favourite one, it's going to need washing after this) and sprinkle salt over the cubes.
2. Cover the cubes with paper towel and another dish cloth over that, place a heavy cutting board on top of this and set aside for about an hour. This releases a lot of the liquid from the aubergine so they don't go mushy when you cook them.
3. Sorry for the potato quality picture, but you can see that the paper towel absorbs a lot of liquid.
4. In a small bowl, mix the eggs, cream and garlic and whisk. Then add the cubes and cover them well with the egg mixture.
5. Mix together the dry ingredients (in whichever quantity you prefer - I did about 1/3 cup of the flours and the cheese) and the spices, salt and pepper. Carefully move the aubergine from the egg mix to the flour mix and coat evenly.
6. Heat up your frying pan (we used the electric frying pan, there's more space) and add the pecan oil.
7. Fry them until you are happy with the crisp of the batter then move them into an oven safe dish and continue cooking in the oven until the aubergine cubes are well cooked. The reason I do this is because the cubes absorb a lot of oil and leaving them in the frying pan will burn the batter and leave the aubergine undercooked.

Recipe and images by [www.alittlebitofketo.com](http://www.alittlebitofketo.com)