Air Fried Eggplants



Don’t we all love fried foods? Frying in oil makes the food tasty but Air Frying is almost as good and there is no compromise on health! Try this easy and healthy air fryer recipe of eggplants which pairs well with brown rice and dal (lentils) spritzed with a dash of ghee!!  
Pan Fry method is included too.

Ingredients

* Eggplants - sliced to thin rounds - 3
* Chili powder - 1 tsp
* Turmeric - ¼ tsp
* Cumin powder - ½ tsp
* Garlic powder or paste - ½ tsp
* Lemon juice - 1 tbsp
* Salt as needed
* Oil - 1 tbsp
* Curry leaf - a few

Air Fryer Method

In a bowl, marinate the eggplants with all the rest of the ingredients listed, except curry leaf.



Turn on the air fryer to air fry option at 380° F for 10 minutes. When preheated, grease the tray with cooking spray and lay out the eggplants in single layer. Do not overcrowd.



When done, remove air fryer tray and shake and toss the eggplants. Add curry leaves. Spritz cooking spray on the eggplants and return the tray to the air fryer. Switch the air fryer to 400° F and air fry for another 3-4 minutes or until browned. Enjoy with rice and dal with a dash of ghee!!

Pan Fry Method

Heat 2 tbsps. of oil in a non-stick pan and fry the eggplants till browned. About 2-3 minutes on each side. Add curry leaves during the last few seconds.

**Notes:** This recipe works well with Indian eggplants and Chinese eggplants.