



WHERE PASSION MEETS THE PLATE

AIR FRIED EGGPLANT AND ZUCCHINI

Simple. Fresh. Full of Flavour.



SERVINGS
4



PREP TIME
10 MIN



COOK TIME
20 MIN



DIFFICULTY
EASY

INGREDIENTS



1 medium eggplant
diced in bite sized pieces



1 green zucchini
diced in bite sized pieces



2 tablespoons
olive oil



1 teaspoon
chili flakes



1 teaspoon
chopped garlic



Salt, to taste



Black pepper, to taste



Red wine vinegar
for serving



Fresh parsley
chopped, for serving



Feta cheese (optional)
crumbled, for serving

STEP-BY-STEP

1



Toss everything

In a large bowl, combine the eggplant, zucchini, olive oil, chili flakes, chopped garlic, salt and pepper. Toss well to coat.

2



Air fry

Preheat air fryer to 400°F (200°C). Add the seasoned vegetables to the air fryer basket.

3



Cook and toss

Air fry for 20 minutes, tossing 2–3 times during cooking, until you reach your preferred texture.

4



Finish and serve

Transfer to a plate. Drizzle with olive oil and red wine vinegar. Top with chopped parsley and crumbled feta (optional). Serve warm.

PHIL'S NOTES

- Cut the vegetables into similar-sized pieces for even cooking.
- Tossing 2–3 times helps achieve a nice golden, crispy texture.
- Adjust chili flakes to your preferred spice level.
- The feta is optional but adds a wonderful salty finish.
- Great as a side dish, appetizer or as part of a Mediterranean spread.