

Tortang Talong (Eggplant Omelette)

PREP TIME: 15 MIN | COOK TIME: 25 MIN | SERVINGS: 1

INGREDIENTS:

- 1 large eggplant, washed
- 1 egg
- Salt and pepper, to taste
- 1 Tbsp cooking oil

RECIPE NOTES:

- For a filling meal, serve with rice!
- Drizzle with ketchup, if desired.

DIRECTIONS:

- Place eggplant on baking sheet and broil in oven/toaster oven for 15 minutes, flipping half way, until soft and blackened. OR roast eggplant directly over stovetop fire until skin turns black, rotating to for even cooking on all sides.
- Allow to cool down, then peel skin off using your fingers,. Arrange peeled eggplant on a plate and flatten using a fork. Set aside.
- In a shallow bowl or container, beat the eggs and add salt and pepper to taste. Continue beating until well combined.
- Heat oil in a pan until hot. Dip flattened eggplant in egg mixture, then carefully place in pan and fry for ~4-5 minutes, until golden brown and crispy.
- Pour remaining egg mixture on top of eggplant. Flip and fry the other side until golden brown and crispy.
- Remove from pan, place onto a wide plate for serving, and enjoy!

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