



3 delicious eggplant recipes your vegetarian friends will love

There's so much to love about eggplants – from their versatility to their taste and colour. But people can often be left wondering how to cook them. That's why we've handpicked our three-favourite eggplant recipes for you to test, taste and love. And we promise your vegetarian (and non-vegetarian!) friends will be impressed.

[“KFE” Krispy Fried Eggplant with Miso BBQ Sauce](#)



This zesty take on the traditional chicken dish will have vegetarians and meat-eaters alike coming back for more. With its combination of flavour and crunch, this crispy eggplant is fried to perfection on the outside, while remaining creamy on the inside. And topped with a classic miso sauce, it's guaranteed to have tastebuds tingling. For best results, allow about two hours to prepare and cook using NEFF's [CircoTherm® function](#)!. It's worth the wait!

[Eggplant in Coconut Mustard Curry](#)



There's just something about a good curry. Whether it's hot or cold outside, lunchtime or dinner – a good curry is almost always a good answer. And this eggplant curry is one vegetarians and those with a gluten-free diet can enjoy, too. Brimming with colour and spice, this dish serves up all the good stuff – including eggplant and potato, and a burst of aromatic spices. For extra yumminess, why not try our coconut rice recipe, [too](#).

Roasted Eggplant with Whipped Goat Cheese and Tomato Sugo



It's full of hearty goodness and loaded with decadent whipped goats' cheese – meaning this roast eggplant recipe is sure to be a crowd pleaser. Think Nan's homemade veggie sauté – bursting with tastes of garlic, onion, cumin and thyme. The tasty Italian-style red sauce will warm your stomach while the delicious cut of roasted eggplant gives that creamy texture. It's perfect for a balmy evening or a flavoursome Sunday brunch and is best shared with loved ones. Give it a try using NEFF's [CircoRoasting®](#) function and it'll be ready in just under an hour.

So whether you're cooking a Friday night dinner for your vegetarian friend, or looking to explore some scrumptious veggie-based recipes yourself – we know you'll love these as much as we do!

About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.

Learn more about NEFF [here](#).