

Baba Ghanoush

Serves: 4

Prep time: 10 minutes

Cook time: 45 minutes



1 serve per portion

Ingredients

1 eggplant, cut in half length ways

2 tablespoons olive oil, extra virgin

1 tablespoon tahini

1 clove garlic, peeled

½ teaspoon smoked paprika

½ teaspoon cumin

1 lemon, juiced

Pepper to taste



Everyday Food

Method

PREHEAT oven to 180°C.

PLACE eggplant on a baking tray, flesh side up. Score the flesh with a sharp knife and drizzle with one tablespoon olive oil. Be careful not to pierce the skin.

ROAST the eggplant in the oven for 45 minutes or until soft. Set aside to cool.

SPOON the eggplant flesh out and discard the skin.

COMBINE in the eggplant, remaining olive oil, tahini, garlic, paprika, cumin and lemon juice in a blender. Pulse until well combined. Season with pepper.

SERVE with vegetable sticks or wholemeal pita bread.

Recipe courtesy of the Country Kitchens team