

BAKED EGGPLANT

with tahini yogurt sauce and pomegranate
(vegetarian)

TIME:

- preparation: 5-10 min
- cooking: 25-30 min
- ready in about: 30-40 min

INGREDIENTS:

SERVES 2-4

- 2 eggplants medium size (or 4 small)
- 2-4 tablespoons olive oil
- 1 clove garlic, minced
- salt and pepper to taste

Yogurt sauce with tahini paste:

- 3 tablespoons Greek style natural yogurt
- 1-2 tablespoons tahini paste (or 2-3 tablespoons sesame seeds ground)
- 1 clove garlic, minced
- 2 tablespoons lemon juice
- 1/2 teaspoon sumac
- salt and pepper to taste

on top - to finish dish:

- 1/2 pomegranate fruit, seeds
- a few flat parsley leaves, chopped
- couple walnuts, chopped (optionally)

canvassimo

by Jo&Anna

METHOD:

1. Preheat the oven to 185 degrees Celsius / 365 degrees Fahrenheit.
2. Cut the eggplant in halves lengthwise.
3. Rub the parts of vegetable with olive oil. Sprinkle with salt.
4. Place two halves of eggplant on a baking sheet or on a ovenproof dish.
5. Bake in the oven for 25 - 30 minutes until the vegetable is perfectly soft and baked.
6. Meanwhile, prepare a yogurt sauce with Tahini paste. Mix all the sauce ingredients in a mug or glass with a spoon. You can also blend all yogurt sauce ingredients in electric blender.
7. After roasting eggplants, rub the chopped side with garlic.
8. Top off with a Tahini yogurt sauce, pomegranate seeds, pieces of walnuts and chopped parsley.