

# ROASTED AUBERGINE & GARLIC SALAD



## QUICK

15 mins prep  
+ approx 45 mins  
roasting time

## HEALTHY

Aubergine is a  
high fibre, low  
calorie vegetable

## FAMILY

Feeds 4-5 as a  
side dish

## MEALS

Goes very well with  
Mediterranean &  
Middle Eastern  
dishes

## INGREDIENTS

- 700g aubergines
- 1-2 garlic bulbs (2 if you love garlic!)
- 200g cherry tomatoes
- 2 tbs oil
- 1 tsp salt
- 1 tsp smoked paprika
- 30g fresh mint
- 2 tbs pomegranate seeds
- 1 tbs lemon juice
- 2 tbs tahini
- 1 tbs pomegranate molasses/honey

## METHOD

- 1) Roughly chop your aubergine into 2cm cubes and place onto an oven tray
- 2) Drizzle with the oil, then the paprika and mix well.
- 3) Cut the top off the entire garlic bulb and place on the tray – rub the top with a little oil
- 4) Roast at 200°C for 30-40 mins till soft.
- 5) Quarter the tomatoes
- 6) Slice your mint
- 7) Mix the tahini, pomegranate molasses and lemon juice in a jar, add a little water to make it pourable
- 8) Place the cooked aubergine into a bowl, add the tomatoes & mint
- 9) Use a tsp to remove the garlic cloves from the bulb – add to the salad
- 10) Mix well
- 11) Drizzle the tahini/lemon dressing over
- 12) Finally sprinkle on the pomegranate seeds and serve



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