Aubergine vitamine

Description

This is actually a very easy dish. The key is to get the aubergines grilled juuuuust right. Not too long, not too short, just perfect. That can be subjective. Few years ago I was with my teenage daughter in Sicily (can definitely recommend that), and we had grilled aubergine in a restaurant. When it arrived we thought they forgot to cook it, the aubergine slices looked like they were just cut and put on a plate. But they turned out to be perfect (for us), so we learned we like our aubergine to be cooked/grilled very briefly and not use too much oil. Also really good to combine with the tahini dressing.

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Ingredients

- Aubergine
- Pomegranate seeds
- Mint leafs
- (Greek) yoghurt or tahini dressing
- Olive oil, salt, pepper

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Directions

- Preheat oven 190C
- Cut the aubergine in vertical slices. Keep them like this or slice them into strips (see image above)
- Put aubergine in an oven dish or directly on a baking tray. Add some salt and drizzle with olive oil. Massage the oil and salt into aubergine with your (clean) hands, so its a bit more evenly divided.
- Put in preheated oven for approx 15 minutes (light brown)
- Take the dish out and some yoghurt on top of the still warm aubergine. Top with pomegranate seeds and mint leafs
- Nice amount of pepper & salt et voila!

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