

barbecued eggplant & garlic dip



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Ingredients:

- 4 medium (about 1.2 kg) eggplants
- 1 bulb (about 90g) garlic
- 1 tbs extra virgin olive oil
(+ extra for brushing garlic and serving)
- 1/4 cup fresh lemon juice
- 1/3 cup tahini *
- 1 tbs ground cumin
- 1/3 cup thick reduced fat natural yoghurt
- salt and ground black pepper
- Lavash crispbreads or Lebanese flatbread, to serve

*Tahini is creamy paste made from sesame seeds. Available from most supermarkets.

Health benefits of eggplant:

- A good source of dietary fibre, which is important to keep the bowel healthy.
- Provides some folate (one of the B vitamins important for heart health).
- To preserve its low fat content, bake, grill or barbecue eggplant rather than frying it.

Method:

1. Preheat a barbecue grill on medium-high heat. Pierce eggplants 6–8 times with a skewer and wrap each in foil. Cut 1 cm off the top of unpeeled garlic bulb and brush garlic with oil. Wrap garlic in foil.
2. Place eggplants and garlic on barbecue grill and cook, turning occasionally, for 30 minutes or until very soft. Remove from heat and leave to cool slightly.
3. Remove foil and cut eggplants in half lengthways. Scrape eggplant flesh (discard skin) into a food processor. Squeeze garlic bulb to remove flesh and add to eggplant. Add 1 tbs oil, lemon juice, tahini, cumin and yoghurt to eggplant mixture. Season with salt and pepper to taste. Process mixture until smooth.

4. Spoon dip into a serving bowl. Drizzle with a little extra virgin olive oil, sprinkle with ground paprika and top with a sprig of flat-leaf parsley if desired. Serve with lavash crispbreads or Lebanese flatbread.

Makes: 1 1/2 cups

Preparation: 20 minutes

Cooking: 30 minutes