

Roasted eggplant, herb & feta salad

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Preparation 20 mins + cooling time | Cooking 30 mins | Serves 4

750g medium eggplants, trimmed and chopped into 4cm pieces
3 garlic cloves, finely chopped
Olive oil cooking spray
4 green onions (shallots), trimmed and thinly sliced
250g mini roma tomatoes, halved lengthways
½ cup each coriander leaves, mint leaves and flat-leaf parsley leaves, chopped
2 tbs extra virgin olive oil
Juice of 1 lemon
100g Persian or marinated feta cheese, roughly crumbled
⅓ cup roasted almonds, roughly chopped
Lemon wedges, to serve

STEP 1 Preheat oven to 220°C/200°C fan-forced. Arrange eggplants and garlic in a single layer on a large baking tray lined with baking paper. Spray liberally with oil. Season with salt and pepper. Bake for 30 minutes or until golden and cooked through. Set aside to cool to room temperature.

STEP 2 Combine cooled eggplant mixture, green onions, tomatoes and herbs in a large bowl. Drizzle with oil and lemon juice. Season with salt and pepper to taste. Gently toss to combine. Arrange on a serving platter. Sprinkle with feta and almonds and serve with lemon wedges.

Good for you... EGGPLANT

A good source of dietary fibre, which contributes to normal bowel function. A good source of vitamin B6 that plays a role in hundreds of biochemical reactions in the body, including contributing to energy metabolism. The purple skin is a rich source of antioxidants.

