

# Roasted eggplant, capsicum & tomato salad



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### Ingredients:

- 3 Lebanese eggplants, trimmed and cut in half lengthways
- 2 medium yellow capsicums, halved and deseeded
- 1 large red capsicum, halved and deseeded
- 1/3 cup olive oil
- 3 tsp balsamic vinegar
- 3 garlic cloves, crushed
- salt and ground black pepper
- 250g cherry tomatoes, halved
- 1/4 cup roughly chopped chives
- 1/3 cup roughly chopped flat-leaf parsley

### Health benefits:

#### Eggplant

A good source of fibre, eggplant is low in sodium and packed with antioxidants.

Eggplant also contains some iron and folate.

### Method:

1. Preheat oven to 220°C. Chop eggplants and capsicums into 2cm pieces and place into a large roasting pan.
2. Combine oil, balsamic vinegar, garlic and salt and pepper to taste in a jug. Pour over vegetables and toss well to coat in oil mixture. Roast vegetables for 20 minutes, tossing frequently, until golden and tender. Remove and set aside to cool to room temperature.
3. Place roasted vegetables and pan juices in roasting pan in a large mixing bowl. Add tomatoes, chives and parsley. Season with salt and pepper to taste and toss gently to combine. Spoon into a serving dish and serve with barbecued fish or chicken, if desired.

**Serves:** 4

**Preparation:** 20 minutes

**Cooking:** 30 minutes



*Supplying quality fresh fruit & vegetables*



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