

BBQ eggplant with minted yoghurt & pomegranate



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Preparation: about 20 minutes
Cooking: about 15 minutes
Serves: 6

This fabulous dish teams well with barbecued lamb, chicken or fish. If preferred, use an electric hand blender to make the minted yoghurt, it will give the mixture a lovely smooth texture.

½ cup thick natural yoghurt
1 cup mint leaves, finely chopped
1 tbs lemon juice
Salt and ground black pepper
3 medium (about 1.2kg) plump eggplants, trimmed
Olive oil spray
1 green onion, very thinly sliced
½ pomegranate, seeds removed
Extra mint leaves to serve

1. To make minted yoghurt, combine yoghurt, mint, lemon juice and salt and pepper to taste in a bowl. Stir until smooth. Set aside for flavours to develop.
2. Preheat a barbecue grill or char-grill on medium-high heat. Cut eggplant lengthways into 1cm thick slices. Liberally spray on each side with oil and season with salt and pepper. Barbecue or char-grill eggplant, in batches, for 2–3 minutes on each side or until golden and tender. Transfer to a large serving plate.
3. Drizzle eggplant with minted yoghurt. Sprinkle with green onions, pomegranate seeds and mint leaves. Season with pepper to taste and serve.



Eggplant

- A good source of dietary fibre, which is important to keep the bowel healthy.
- A good source of vitamin B6 which is important throughout the body, especially in the blood and brain.
- The skin of purple eggplant is a rich source of valuable antioxidant pigments that are currently being researched for their effects on health.