

Eggplant, tomato & coriander salad



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Preparation: about 30 minutes + cooling time

Cooking: about 25 minutes

Serves: 4–6 as a side dish

Excellent served with barbecued or roasted chicken, beef or lamb.

- 750g medium eggplants
- 1 red onion, cut into wedges
- 2 garlic cloves, finely chopped
- Olive oil cooking spray
- Salt and ground black pepper
- 250g punnet mini roma tomatoes, halved
- 1 cup coriander leaves, roughly chopped
- ½ cup mint leaves, chopped
- 100g Persian or marinated feta cheese, roughly crumbled
- 2 tbs extra virgin olive oil
- Salt and ground black pepper

1. Preheat oven to 200°C/180°C fan-forced. Trim eggplants and cut into 4–5cm pieces. Place eggplants, onion and garlic in a single layer on a large baking tray lined with non-stick baking paper. Spray liberally with oil and season with salt and pepper. Toss to combine. Bake for 20–25 minutes until tender. Remove from heat. Set aside to cool slightly.
2. Place eggplant mixture, tomatoes, coriander, mint and feta into a bowl. Drizzle with oil and season with salt and pepper. Toss to combine and serve.



Eggplant

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