

Purple Carrot

Cook

AUBERGINE PÂTÉ

MAKES 100 g/ PREPARE 5 MINS / COOK 30 MINS

Ingredients

- 2 Aubergines (small)
- 150 ml Tahini
- 1 Garlic clove
- 1 tbsp Pomegranate molasses
- 2 tbsps Greek yogurt
- Squeeze of lemon
- 30 ml Extra virgin olive oil
- 2 tbsp Fresh parsley, leaves picked

Instructions

Pre-heat the oven to 250C and line a baking sheet with baking paper. Pierce the aubergine in a few places with a knife and roast, turning every now and then so that the skin is blistered and cracked all over. Set aside to cool for 10 min.

Slice the aubergine in half lengthways and scoop out the flesh with a spoon, transferring it to a colander to allow any liquid to drain.

Put the aubergine flesh, parsley, garlic, tahini, lemon juice, yogurt, olive oil and pomegranate molasses in small food processor and pulse a few times.

Serve with a bit more olive oil on top, some chopped parsley and wholemeal or seeded pita bread or crudités to dip.



Nutrifacts



Aubergines are high in FIBRE to keep us regular and feed the good bacteria in our gut. Additionally, aubergines are high in VITAMIN C to support the immune system and FOLIC ACID that helps maintain healthy red blood cells.

Garlic is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

EXTRA VIRGIN OLIVE OIL is high in heart protecting mono-unsaturated fats. EVOO also contains good levels of antioxidants including polyphenols and vitamin E that help prevent damage caused by free-radicals.

Pomegranate is high in FIBRE to help intestinal transit and contains anthocyanins, the flavonoids responsible for the dark colour of its seeds, which research shows has potential benefits in many diseases including cardiovascular disease.