

Purple Carrot Cook

AUBERGINE PÂTÉ

MAKES 500g / PREP TIME 5 MINS / COOK TIME 30 MINS

Ingredients

2 small aubergines (about 400g)
1 garlic clove, peeled
2 tbsp greek yoghurt
1 large lemon, juiced
30ml extra virgin olive oil
2 tbsp fresh parsley, leaves picked
1 tbsp pomegranate molasses
150ml tahini
salt and freshly ground black pepper

pita bread or crudités, to serve

Method

Preheat oven to 250°C (220°C fan) and line a baking tray with baking paper.

With a sharp knife, pierce the skin of the aubergines in a few different places and roast in the oven, turning every now and then, until the skin becomes blistered and cracked all over.

Set aside to cool for 10 minutes.

Slice the aubergines in half lengthways and scoop out the flesh, transferring it to a colander to allow any excess liquid to drain away.

Place the aubergines with the remaining ingredients into a small food processor and pulse a few times until the mixture has combined to the desired consistency. Season to taste, perhaps adding a little more lemon juice if needed.

Serve with an extra drizzle of olive oil over the top, a little more parsley and some wholemeal pita bread or crudités for dipping.



Nutrifacts



Aubergines are high in FIBRE, which helps to keep us regular and also feeds the good bacteria in our gut, maintaining its health. Additionally, aubergines are abundant in both VITAMIN C to support the immune system and in FOLIC ACID which helps to maintain healthy red blood cells

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

Extra virgin olive oil is low in SATURATED FAT and high in heart protecting MONOUNSATURATED FATS. It also contains good levels of antioxidants including POLYPHENOLS and VITAMIN E that help prevent damage caused by free radicals

Parsley contains VITAMIN C, an important antioxidant which supports the immune system and aids collagen production, plus VITAMIN K important for both blood coagulation and healthy bones, as well as other antioxidants that might help to reduce inflammation

Pomegranate molasses is a thick and intensely flavoured syrup made from reduced pomegranate juice. Sticky and tangy, it has an incredible depth of flavour and adds richness to meat and fish dishes, as well as to vegetables and vegetarian stews. Abundant in VITAMIN B and rich in antioxidants, mainly VITAMIN C, all of which are beneficial to the immune system