



AUBERGINE SLICES

with pomegranate, yoghurt and tahini

Aubergine slices with pomegranate, yoghurt and tahini. The dressing of pomegranate molasses and vinegar gives the aubergine slices a sweet-and-sour flavour. Serve them hot or cold, with the yogurt topping at room temperature.

Recipe sourced from: www.thekitchn.com

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AUBERGINE SLICES



Serves

6 people

Ingredients available at Mediterranean Foods

Ingredients

- Extra-virgin olive oil
- Salt
- Pomegranate molasses 1½ tbsp
- Red or white wine vinegar 1½ tbsp
- Tahini 2 tbsp
- Pine nuts 50g
- Aubergines 4 (1.2kg)
- Natural (full-fat) yogurt 500g
- Garlic 1 clove, crushed

Cut the aubergines into slices (lengthways or across) about 1¼cm thick. Place them on an oiled sheet of foil on a baking sheet or tray. Brush both sides of the aubergine slices with oil and sprinkle lightly with salt. Place in a very hot oven pre-heated to 240C|gas mark 9 for about 30 minutes, until they are soft and browned, turning the slices over once. Arrange on a shallow serving dish.

Mix the pomegranate molasses, vinegar and 2 tablespoons of oil, and brush the aubergine slices with this dressing. Beat the yogurt with the garlic and tahini and spread over the slices. Fry the pine nuts very briefly in ½ tablespoon of oil, stirring to brown them very lightly all over, and sprinkle over the yogurt.

Alternative: Instead of the pine nuts, garnish with the shiny pink seeds of a fresh pomegranate.

Buon Appetito!



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