

## BABA GANOUSH EGGPLANT SPREAD

### **Ingredients:**

3 medium eggplants  
2 garlic cloves, chopped  
3 Tbsp tahini paste  
3 Tbsp olive oil  
3 Tbsp lemon juice  
Salt  
Pepper



### **Instructions:**

- Preheat the oven to 400 F.
- Prick the eggplants using a fork or knife. Coat with oil and roast in the oven until soft (about 30 minutes).
- Using tongs, turn the eggplants frequently so that the peel gets charred.
- Let the eggplants cool before handling. You can either peel the outer coating or leave it for this recipe.
- Mix all the ingredients in a food processor until creamy.

**Tip: for extra flavour, add fresh minced onion to this recipe.**

Serves 4

### **Good to know**

Eggplants are a source of potassium and fibre.