

Baba Ganoush (Aubergine Dip)

Ingredients

- 2 aubergines
- 3 cloves garlic, finely minced
- 1 teaspoon salt
- 4 tablespoons olive oil
- 1 tablespoon lemon Juice
- 1 teaspoon ground cumin



Method

1. Preheat oven to 200 C.
2. Wash and dry aubergines before pricking several times all over with a sharp knife.
3. Line a baking sheet with foil and coat lightly with 1 tablespoon of olive oil.
4. Slice aubergines in half and line in a single layer on the sheet and place in oven to roast for about 45 minutes or until aubergines are soft to the touch and look deflated.
5. Allow roasted aubergines to cool completely. You can even roast them the day before and store them in cling film at room temperature until ready to use.
6. Using a spoon, scrape out all the flesh and place it in a blender or food processor.
7. To the aubergine flesh in the blender, add the oil, lemon juice, garlic, cumin and salt.
8. Blend on high until smooth and creamy.
9. Serve at room temperature or chilled with wedges of low protein pitta bread or as a dip with raw carrot or celery. Also good as a spread for sandwiches.