

Aubergine dip

Serves 6

2 large aubergines

2 garlic cloves

1 lemon, juice

2tbsp chopped coriander or parsley

salt and pepper

To serve

Crudités

- 1 Preheat the oven to 220°C/gas mark 8.
- 2 Put the aubergines onto a baking tray and bake until cooked through and soft, about 45 minutes depending on size – the skin will appear wrinkled. Set them aside to cool completely.
- 3 Halve the aubergines. Scoop out the flesh into a food processor or bowl. Make sure that none of the skin is included with the flesh. Pulse the aubergine until it forms into a purée.
- 4 Add the garlic, lemon juice and herbs. Mix and season to taste. Scoop into a bowl and serve with crudité.

Fat	0g	Saturated fat	0g	Energy	15kcal
Protein	1g	Sodium	.2g	Fibre	.2g
				Carbs	2g



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