

Roasted Eggplant Salad

Bialik College Kitchen Garden Program



Ingredients:

- 3 large eggplants
- 3 large tomatoes, diced
- 1 cup roughly chopped parsley
- ½ red onion, thinly sliced
- 2 tablespoons Zaatar or sumac
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh pomegranate seeds, to garnish
- DRESSING**
- 2 tablespoons olive oil
- 2 tablespoons freshly squeezed lemon juice
- ½ teaspoon salt
- 1 tablespoon pomegranate molasses or balsamic vinegar

Equipment:

- Metric measuring cups and spoons
- Cook's knife
- Chopping board
- Baking tray
- Baking paper
- Small and large mixing bowls
- Fork
- Wooden spoon
- Serving bowl or platter

Method:

1. Peel stripes into the eggplants and chop into large cubes. Toss with zaatar or sumac and olive oil.
2. Place seasoned eggplant on a lined baking tray and into a 200C oven for approximately 35 minutes or until eggplant is nicely roasted. Put aside and allow to cool completely.
3. To prepare the dressing, place dressing ingredients into a small mixing bowl and whisk with a fork to combine. Taste and balance the flavours, if necessary.
4. Place chopped tomatoes, red onion, and parsley into a large mixing bowl. A
5. Add in the cooled eggplant, dressing and mix well.
6. Transfer to a serving bowl or platter and garnish with pomegranate seeds. Enjoy! 😊