



# Baba Ghanoush

## Serves 6

2 medium aubergine  
2 cloves garlic, crushed  
1 lemon, juiced  
4 tbsp. tahini  
2 tbsp. olive oil  
½ tsp. ground cumin  
smoked paprika  
1 tbsp. parsley, chopped

## What you need to do

1. Preheat the oven to 450°F (230°C). Line a large baking tray with baking paper.
2. Halve the aubergines lengthwise and brush the cut sides lightly with olive oil. Place them in the prepared tray with the halved sides down, roasting them for 35-40 minutes until the flesh is very tender.
3. Once aubergines are cooked, set them aside to cool, then scoop out the flesh with a spoon, discarding the skin.
4. Place the flesh on a sieve and leave for a bit (the longer, the better) to allow all the excess liquid to drain away.
5. Place the flesh in a bowl, add the garlic, lemon juice, tahini, olive oil, and cumin. Mash everything with a fork, and continue stirring and mashing until the mixture is creamy—season to taste with salt.
6. Transfer to a serving bowl and sprinkle with smoked paprika and chopped parsley to garnish.



GF DF LC MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	35 mins	154	10	12	5

\*Nutrition per serving