



Aubergine, Tahina and Tomato Salsa Salad

This salad is a meal in itself – all you need is a piece of fresh bread to scoop it all up.

- 1 kg aubergine
- half a red onion, chopped
- 300 g Rosa tomatoes, diced
- 20 g Italian flat-leaf parsley, chopped
- 20 g pine nuts, toasted
- olive oil for brushing
- freshly ground black pepper
- salt

DRESSING

- 3 tbsp tahina paste
- 2 tbsp water
- 1 lemon, juiced
- 1 clove garlic, crushed
- pinch of salt

Cook's Note

You could also char the aubergines whole over a flame and use only the fleshy insides.

Preheat the oven to 180°C.

Cut the aubergines into medium thickness wedges. Sprinkle salt over the aubergine wedges and after 10 minutes, wash and dry them. Put the wedges flat down onto the baking tray. Brush the wedges with olive oil and sprinkle with salt and black pepper.

Roast the aubergines in the oven until they are soft and slightly crisp. Once they are ready, leave them to cool.

Prepare the salsa by mixing together the chopped onion with the tomatoes and parsley.

For the dressing, simply whisk together the tahina paste with the lemon juice, garlic, water and salt. If it's too thick add a little more cold water, 1 tablespoon at a time, until the right consistency is reached.

Once you are ready to assemble the salad, place the wedges onto a flat platter. Pour the tahina dressing over the wedges and top with the tomato salsa and toasted pine nuts.

Serves 6 – 8