

BABA GHANOUSH

Jay
Halford

 Makes approx. 10 Portions

 Total Time: 35min

 Prep: 10min

 Cooking: 25min

Ingredients:

- 1 whole aubergine
- 40g tablespoon of tahini paste
- 1 whole lemon
- 2 cloves of garlic
- 10g of fresh parsley
- 1 teaspoon of smoked paprika
- Cold pressed rape seed oil
- A pinch of Himalayan pink salt
- A pinch of ground black pepper

Equipment needed: Oven, Baking tray,
Blender or food processor, Chopping board,
Chef's knife, Spoon

Method:

Pre heat the oven to 200c

Trim the top off the aubergine then cut it lengthways down the middle opening it up facing the inside to the sky on the baking tray

Score the aubergine flesh diagonally this will help it cook all the way though

Drizzle with oil, season well with salt and pepper and bake for 25 minutes on 200c degrees.

Once cooked scrape out the inside flesh and place in to the blender with the garlic cloves, the bunch of fresh parsley (with the stalks), the tahini paste, lemon juice, a teaspoon of smoked paprika and a good pinch of salt and pepper.

Blend on full speed for 60 seconds until smooth

Serve