

| **Baba Ganoush**1. (vegan, nut & seed free, gluten free)
 | **Allergy alerts: garlic (fructose)****Serving size: 4** |
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| **INGREDIENTS:** * 2 large eggplants or 4 Lebanese eggplants
* 3 tbsp olive oil
* 2 garlic cloves minced
* ½ lemon juiced
* ½ tsp paprika
 | * ½ tsp cumin
* ½ tsp salt
* 2 tbs parsley chopped
* Pita bread, rice crackers or carrot sticks to serve
 | **EQUIPMENT:** * Blender
* Mixing bowl
* Spoons
* Measuring spoons
* Spatula
* Oven tray
* Small serving bowl and platter
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| **METHOD**:1. Halve the eggplants, season with salt and 1 tbsp of oil.
2. Place on a tray and roast for 30 minutes at 180°C (355°F).
3. Scoop out the flesh with a spoon and place in the blender.
4. Add all other ingredients into the blender and blend until smooth.
5. Using a spatula, carefully transfer the dip into a serving bowl and add a sprinkling of parsley and olive oil.
6. Lightly toast the pita bread (if using), cut carrot sticks (if using), or arrange crackers on a platter.
7. Serve the dip with your choice of dippers and enjoy.
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| EXTRA TIPS: * Use the skins for another dish or compost them.
* If no nut or seed allergies, consider adding 1 tbsp tahini and/or cashews.
 | **Adapted from:** * <https://foodaciously.com/recipe/baba-ganoush-without-tahini>
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