

| **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. | | | | | |
| 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> | | |