



TOTAL TIME

30 minutes

PREP TIME

15 minutes

COOK TIME

15 minutes

SERVES

2-4

COOKING LEVEL

Easy

RECIPE | EGGPLANTS

GRILLED EGGPLANT AND SPINACH SALAD



INGREDIENTS (SALAD)

1 Pure Flavor® Sicilian Eggplant,
cut into 3/4" round slices
1 Pure Flavor® Tomato
On-the-Vine, diced
5 ounces package of fresh spinach
1 tbsp. Pure Flavor® Red Sweet
Bell Peppers, roasted and dice
1 tbsp. fresh mint, chopped
1 tbsp. fresh parsley, chopped
1 tbsp. fresh oregano, chopped
1 tbsp. red onion, chopped
3 tbsp. olive oil

INGREDIENTS (DRESSING)

1-2 cloves garlic, minced
1 heaping teaspoon tahini
1 tsp. Dijon mustard
1/2 tsp. smoked paprika
Juice of 1/2 lemon
Salt & pepper, to taste
1/4 cup olive oil

DIRECTIONS

1. Heat BBQ/grill to medium-high heat.
2. Salt both sides of eggplant slices to absorb excess moisture and set aside.
3. Core, deseed and flatten pepper, brush pepper with oil and grill 3-5 minutes. Place in a bowl and cover with plastic wrap until cool. Then diced 1 tbsp.
4. Prepare dressing by combining all ingredients and whisking together.
5. Combine mint, parsley, oregano and onion with spinach in a large salad bowl.
6. Brush both sides of the eggplant slices with olive oil before grilling.
7. Grill eggplant slices for approximately 3-5 minutes per side until browned and crispy on the outside and tender on the inside.
8. Once cool, cut eggplant slices into quarters.
9. Add eggplant to salad and mix together with dressing. Serve immediately.

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