

RECIPE | EGGPLANTS

GRILLED EGGPLANT AND SPINACH SALAD



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INGREDIENTS

Salad:

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

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. Place in a bowl and cover with plastic wrap. Once cool, dice.
4. Prepare dressing by combining all ingredients and whisking together. 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. Grill eggplant slices for 3-5 minutes per side until browned and crispy on the outside and tender on the inside. Cool and slice into quarters.
9. Add eggplant to salad and mix together with dressing. Serve immediately.



TOTAL TIME

30 minutes

PREP TIME

15 minutes

COOK TIME

15 minutes

SERVES

2-4

COOKING LEVEL

Easy