

RECIPE | EGGPLANTS



GRILLED EGGPLANT AND SPINACH SALAD

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INGREDIENTS

For the salad:

- 2** Pure Flavor® Craft House Collection® Baby Eggplants, cut into 3/4" round slices
- 2** Pure Flavor® Tomatoes On-the-Vine, diced
- 1** Pure Flavor® Red Sweet Bell Pepper,
- 2 cups** fresh spinach
- 3 tbsp** olive oil
- 1 tbsp** fresh mint, chopped
- 1 tbsp** fresh parsley, chopped
- 1 tbsp** fresh oregano, chopped
- 1 tbsp** red onion, chopped

For the dressing:

- 2** cloves garlic, minced
- ¼ cup** olive oil
- 1 tbsp** tahini
- 1 tsp** Dijon mustard
- ½ tsp** smoked paprika
- ½** lemon, juiced
- Salt & pepper, to taste



30 min

15 min
PREP.

15 min
COOKING



4



easy

DIRECTIONS

- 1** Heat 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.