

RECIPE | EGGPLANTS



ROASTED EGGPLANT WITH MINT SAUCE & FETA

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INGREDIENTS

Eggplant:

- 1 Pure Flavor® White baby eggplant
- 1 tbsp. olive oil
- ¼ cup feta cheese

Sauce:

- 1 clove garlic, minced
- 2 tbsp. olive oil
- 1 tsp lemon juice
- 2 tbsp. chopped fresh mint
- Salt and pepper to taste

DIRECTIONS

1. Cut the baby eggplant in half, lengthwise. Score the baby eggplant, cutting slits into just the flesh (not the skin). Make about 5 cuts diagonally across the baby eggplant. Make another set of cuts diagonally the other way to create a cross hatch pattern. Brush with 1 tbsp. olive oil and set on a baking tray. Bake at 400°F for 35 – 40 minutes or until tender.
2. Meanwhile, combine 2 tbsp. olive oil, lemon juice, mint, garlic, salt and pepper in a food processor until smooth.
3. When eggplant has finished cooking, transfer to a serving plate. Top with mint sauce and crumbled feta cheese.



TOTAL TIME

40 minutes

PREP TIME

5 minutes

COOK TIME

35 minutes

SERVES

2

COOKING LEVEL

Easy