



EGGPLANT DIP IN GARLIC OIL

INGREDIENTS

500gms Eggplant
1/2 Finely chopped red onion
2 - 3 stems of finely chopped Spring Onions
1 Lemon (juiced)
Handful of Mint Leaves
3 - 4 Tbsp SATHYA Garlic Infused Olive Oil
1 Tsp Sugar
Salt to taste



METHOD

Cook the whole eggplant with skin in the oven until cooked at about 200 degrees celcius.
Take it out and allow it to cool and peel all the skin off it and place it in a bowl.
Smash the cooked Eggplant into a paste.
Put the finely chopped red onions, spring onions and mint leaves.
Add lemon juice, garlic oil, sugar and salt to taste and mix it into the eggplant paste.
Eggplant dip is ready and can be used with crackers as an evening snack.

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