

Smoked Aubergine with Salsa Verde (Vegan)

Serves 2

Prep time: 40 minutes

Cooking time: 90 minutes

Ingredients

2 aubergines

1 courgette, diced

1 red pepper, diced

4 tomatoes, diced

1 small onion

4 garlic cloves, chopped

3 tbsp vegetable oil

1 tsp of toasted sesame seeds

20g of fresh coriander

Suölo Reduced Sodium Sea Salt, Black Pepper & Chilli to taste

Aubergine puree spices

½ tsp ginger powder

¼ tsp ground cumin

½ tsp of ground coriander

Juice of ½ a lemon

40 ml of olive oil

Method

1. Wrap 1 aubergine in foil 2-3 times and roast over a direct flame or in a very hot pan if using induction or electric hobs (BBQ is better for added smokiness) turning every 2-3 minutes until soft and smoky.
2. While this is roasting slice the other aubergine into long strips, dice the outer slices into cubes
3. Pan fry the diced aubergine with courgette, garlic and red pepper mixing regularly until coloured.
4. Add the tomatoes once the vegetables are coloured and leave to cook for another minute before seasoning with **Suölo Reduced Sodium Sea Salt, Black Pepper & Chilli** to taste.
5. Pan Fry or roast (220°C /200Fan/Gas 6) the slices of aubergine with a little oil until golden
6. When the smoked aubergine is soft, scoop out the centre and blend with the aubergine spices and lemon juice. You can add some olive oil too if you'd like a thicker puree. Season to taste with **Suölo Reduced Sodium Sea Salt, Black Pepper & Chilli**.
7. Lay the sliced aubergine flat on a plate and top with the smoked aubergine puree, diced vegetables and garnish with fresh coriander and toasted sesame seeds.

Chef tips

- The more oil you add to the puree the thicker it will become so you can adapt the amount of oil you use to how you'd like your puree
- You can use pomace or sunflower oil if you'd like a milder tasting puree