

Aubergine Dip

Aubergines were the adored vegetable in Ottoman times and were known as 'poor man's meat'. This dish, known as Baba Ganoush, is now commonly eaten in the Middle East, North Africa and Turkey.



Milk, sulphites*

Nutritional information per portion (100g):

Energy 229kJ 39kcal 3%	Fat <0.5g 1%	Saturates <0.1g 0%	Sugars 2.3g 3%	Salt <0.05g 1%
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of an adult's reference intake.
Typical values per 100g: energy 230kJ/39kcal.

Equipment

Frying pan with a lid
Fork
Tongs
Chopping board
Vegetable knife
Food processor
Juice squeezer
Can opener
Colander
Table spoon
Measuring spoons
Scissors
Mug
Small bowl for serving

Ingredients

Serves 8-10
2 aubergines
1 garlic clove
400g butter beans (canned),
4 x 15ml spoon low-fat
Greek yogurt
1 x 15ml spoon chopped flat
leaf parsley
Juice of ½ lemon
Black pepper (optional)

*Presence of allergens can vary by brand –
always check product labels. If you serve
food outside the home you must make
allergen information available when asked.



Top Tip

- Keeping the aubergines whole while you cook them keeps the flavour and the juices in. If you are short of time, cut them in half to cook.

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Method

1. Heat your pan to a high heat and prick the aubergines with a fork. When hot, use the tongs to place the aubergines into the pan and slowly turn until all the skin is charred and blackened. Put the lid on the pan and cook for around 10 minutes until the aubergine is soft inside, remove from the pan and leave to cool.
2. Peel and roughly chop the garlic on a clean, dry chopping board and add to food processor.
3. Cut the lemon in half and squeeze out the juice with the juice squeezer.
4. Open and drain the can of butter beans.
5. Scoop out the flesh of the aubergine and place in a food processor.
6. Add the lemon juice, butter beans and yoghurt and blend into a smooth consistency.
7. Using a pair of scissors and a mug, chop up the parsley.
8. Transfer your dip from the food processor into a serving bowl and sprinkle with parsley and black pepper if using.

Something to try next time

- Try replacing the butter beans with chickpeas.
- To make a smoky Aubergine Dip with a bit of a kick, add one crushed chipotle chili.

Prepare now, eat later

- Cook the aubergines, cover and refrigerate for 48 hours.

Get more from your food

- Freeze the dip in zip-lock-bags for up to 3 months.

Nutrition Fact

- Aubergines are low in fat and an 80g portion provides one of your 5-a-day.

Skills used include:

Dry-frying, peeling, chopping, juicing, mixing and serving.