



# Lemony Grilled Eggplant Soup

25'

Hands on

90'

Cook Time

4-6

Portion(s)

1

Difficulty



## Ingredients

- 3 eggplants, large
- 1 liter stock, chicken
- 2 tablespoon(s) lemon juice
- 70 ml heavy cream 35%
- 10 basil leaves
- salt
- pepper
- olive oil

## Διατροφικός πίνακας

Nutrition information per portion

112 Calories (kcal)	5.1 Total Fat (g)	1.9 Saturated Fat (g)	7.1 Total Carbs (g)
6%	7%	10%	3%
6.2 Sugars (g)	3.8 Protein (g)	3.8 Fibre (g)	1.0 Sodium (g)
7%	8%	15%	17%

## Method

- Start by grilling the eggplants. This will give our soup a nice, smoky aroma.
- Put them under the grill in the oven, for about 1 hour or until ready. Turn them over often. (Don't worry if the skin chars slightly.)
- Chop the remaining eggplants into 2 cm cubes.
- Add some oil to a large pan and set over medium heat. When it gets very hot, add half of the chopped eggplants. Fry them until they turn golden brown on all sides. Use a wooden spoon to turn them over. Season with salt and pepper.
- Remove from pan and let them drain on a plate lined with paper towels. Season with some salt.
- Repeat the same process for the remaining chopped eggplants.
- Remove the grilled eggplants from the oven. Allow them to cool a bit. Use a sharp knife to slice them open. Use a spoon to remove the flesh, avoiding any black areas close to the charred skin.
- Cut up the flesh with a large knife. Add it to a pan, along with the stock, lemon juice, 1 ½ teaspoons salt and 1 teaspoon pepper. Bring to a boil, then turn down heat and simmer for 30 minutes. Add the fried eggplant cubes and simmer for another 5 minutes. Season to taste.
- Before serving, add the heavy cream and stir.
- Transfer to bowls, sprinkle with some finely chopped basil leaves and serve.