



Harissa eggplant halves

20'
Hands on

60'
Cook Time

6-8
Portion(s)

1
Difficulty



Method

For the eggplants

- Preheat the oven to 200° C (390° F) set to fan.
- **Cut** the eggplants in half and score the flesh in a crisscross manner without tearing the skin.
- Add the olive oil, salt, pepper, and transfer them to a **baking pan** lined with parchment paper, flesh-side down.
- Roast for 30-40 minutes.

For the harissa paste

- Halve the peppers and then seed them.
- In a blender add the peppers, the paprika, the garlic, the coriander, the cumin, the olive oil, and beat well until the ingredients are homogenized and there is a paste.
- Spread the paste over the flesh of the eggplants and roast for 20 more minutes.
- Place a **frying pan** over medium heat and add the pine nuts. Toast them for 1-2 minutes.
- Remove the eggplants from the oven and sprinkle with the feta cheese.
- Serve with rocket leaves, the pine nuts, cherry tomatoes, the green part of the spring onion, and olive oil.

Ingredients

For the eggplants

- 500 g eggplants
- 3 tablespoon(s) olive oil
- salt
- pepper

For the harissa paste

- 2 chili peppers
- 1 tablespoon(s) paprika
- 2 clove(s) of garlic
- 1 tablespoon(s) coriander
- 1 tablespoon(s) cumin
- 50 g olive oil

To assemble

- 1 tablespoon(s) pine nuts
- 100 g feta cheese

To serve

- rocket
- cherry tomatoes
- 1 spring onion
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

119 Calories (kcal)	11.0 Total Fat (g)	2.8 Saturated Fat (g)	2.1 Total Carbs (g)
6%	16%	14%	1%
1.8 Sugars (g)	2.9 Protein (g)	1.7 Fibre (g)	0.62 Sodium (g)
2%	6%	7%	10%