



Greek roasted eggplant dip - Melitzanosalata

15'
Hands on

60'
Cook Time

4
Portion(s)

2
Difficulty



Ingredients

- 1 kilo eggplants, medium sized
- 1 Florina pepper (red pepper)
- 1 clove(s) of garlic
- 30 ml apple cider vinegar
- 1/2 bunch parsley
- 2 spring onions
- 60 ml olive oil
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

196 Calories (kcal)	16.0 Total Fat (g)	2.4 Saturated Fat (g)	7.5 Total Carbs (g)
10%	23%	12%	3%
6.7 Sugars (g)	2.6 Protein (g)	5.8 Fibre (g)	0.14 Sodium (g)
7%	5%	23%	2%

Method

For the eggplants

- Pierce the eggplants all over with a fork.
- Place them directly over the flame on a gas stove, using high heat.
- Cook for 20-25 minutes, turning them until they are charred on all sides evenly.
- If you don't have a gas stove, simply place them on the oven rack and cook for about 40 minutes in an 180* C preheated oven.
- When ready, pierce again with a fork. If they have softened, they are ready. Set them aside for 10 minutes to cool.
- Use a spoon to scoop out the flesh and transfer to a thin kitchen towel.
- Wrap it in the towel and squeeze to remove as much liquid from the eggplant flesh as possible. This liquid is very bitter and should be removed.
- Roughly chop the eggplant and set aside in a bowl.

For the red pepper

- Prepare the pepper in the same way as the eggplants. Cook directly over the flame for 10-15 minutes.
- Gently press on them to make sure it has softened.
- When ready, transfer to a bowl. Cover with plastic wrap and set aside for 15-20 minutes. The moisture created will help loosen the skin making it easier to remove.
- Use a knife to remove the skin from the red pepper.
- Cut in half, remove the seeds and dice in to 1 cm cubes.
- Add to the eggplants and set aside until needed.

To prepare the eggplant dip

- In a food processor, add the garlic, apple cider vinegar or white wine vinegar and the olive oil.
- Beat until the garlic has completely broken down.
- Add it to the bowl with eggplant and pepper.
- Season with salt and pepper.
- Thinly [slice](#) the green part of the spring onions and the parsley (only the leaves). Reserve some for serving and add to the bowl.
- Stir until all of the ingredients are completely combined and season to taste.
- To serve, garnish with spring onion, parsley and drizzle with some Greek extra virgin olive oil.

Tip

The longer you allow the eggplant dip to sit, the more the ingredients will blend and the tastier it will be! Cooking the eggplants on a gas stove give them a nice, smoky flavor!