

Baba Ghanouj 4-5 portions

Ingredients

1 medium sized eggplant
1-diced whole green pepper
1-diced onion
1 ½ cup squeezed lemon
1-diced tomato
salt



Recipe

1. Roast the Eggplant on an oven top for about 20mins, if you have an electric hub poke some holes in the eggplant and let it roast in the oven, (oven top is preferable as it gives it a smokier taste)
2. Allow eggplant to rest for 10minutes, and slowly peel using your hands or a knife.
3. after peeling start cutting the eggplant in a grid-like shape , add the juice of 1 ½ lemon, 1 diced tomato, 1 diced onion, 1 diced pepper
4. mix the mixture well
5. Check that the amount of salt and lemon juice are your liking and add to your preference.

Spread on a plate and garnish with parsley and olive oil. Enjoy,

sahtain:
a double good health