



Grilled Eggplant with Garlic & Herbs

4 servings

INGREDIENTS:

- 2 eggplants
- 2 tsp salt
- ½ cup extra virgin olive oil
- 3 gloves garlic crushed
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh oregano
- ½ tsp pepper
- ¼ tsp salt



METHOD:

1. Cut the eggplant into ¼ inch thick slices and generously salt each slice. Let them rest for about 15 mins so that the salt can draw out the moisture and bitterness. Wipe each of the slices with a paper towel to remove the salt and moisture.
2. Preheat the barbecue to medium heat
3. In a large dish combine the olive oil, garlic, parsley, oregano, salt and pepper. Place each of the eggplant slices in the dish, flipping them over to ensure both sides are covered in oil.
4. Grill for approximately 6 minutes per side until golden in colour with grill marks. If the eggplant slices become dry and stick to the grill, brush them with more oil.
5. Once the eggplant is tender and cooked, remove from the grill and return back to oil, herb and garlic mixture in the pan. Flip once so that both sides are coated before transferring to a serving platter. Spoon any of the excess herbs and garlic overtop before serving. The eggplant can be enjoyed hot or at room temperature and will last for up to 4 days in the fridge.