

GRILLED EGGPLANT

Time: 15 minutes (plus salting time)

Serves: 4

Ingredients:

1 large eggplant - sliced into 1cm rounds
8g kosher salt
45ml extra-virgin olive oil
Additional salt and black pepper for serving

Preparation:

Salt the eggplant rounds on both sides and place in a colander to drain for one hour.

Preheat a grill on medium-high.

Rinse the slices under cold water.

Dry well by pressing between paper towel.

Baste the rounds with the olive oil.

Grill for five minutes per side or until browned.

Serve sprinkled with salt and pepper.

Nutritional Information Per Serving:

Calories: 110

Fat: 10g

Carbs: 5g

Fibre: 3g

Protein: 1g