



Harissa Roasted Eggplant with black lentil and herb salad

Coral created this masterpiece from Donna Hay's cook book - "Life in Balance" a fresher approach to eating. This is delicious served up with a nutritious black lentil and herb salad.

Serves: 6, Prep time: 00:30, Cook time: 01:00

Instructions

Dressing

Place the extra virgin olive oil, vinegar, 1 TB of pomegranate molasses (this will be stocked in middle eastern and specialty food shops), and lemon juice in a bowl, whisk up and then leave aside.

1) Preheat the oven to 170 degrees C

2) Place the eggplant, cut side up on a baking tray lined with baking paper.

3) Place the harissa, garlic, pomegranate molasses and lemon rind in a bowl and mix up to combine. Spoon over the eggplants, drizzle with oil and roast for 1 hour or until tender.

4) Place the lentils and water in a saucepan over high heat and bring to the boil. Reduce the heat to medium, cover

Ingredients

- 3 Eggplant
- 1 tablespoon Harissa lentils
- 2 Garlic, cloves
- 2 tablespoon Pomegranate molasses
- 2 tablespoon Lemon rind with extra virgin olive oil
- 1 cups Black lentils
- 500 milliliters Water (17 oz (U.S.))
- 1 cups Flat leaf parsley leaves (roughly chopped)
- 1 cups Coriander (cilantro) leaves (roughly chopped)
- 1 cups Mint leaves (roughly chopped)
- 0.25 cups Chia seeds
- 0.5 cups Plain Greek style (thick) yogurt
- 0.25 cups Extra virgin olive oil
- 2 tablespoon Balsamic Vinegar
- 2 tablespoon Pomegranate molasses
- 0.25 cups Lemon juice

and simmer on a medium heat for 20min.
Drain and refresh under cold running
water.

5) Place the lentils, parsley, coriander,
mint, and chia seeds in a large bowl. Top
with the dressing and toss to combine.

6) Di-vie up the eggplants between
serving plates and spoon over the salad.
Top with yogurt to serve.

We served this up with a fresh green
salad and threw on a roasted half
capsicum (filled with brown rice). ENJOY.

