



AUBERGINES WITH POMEGRANATE

10 min 50 min easy 4 portions

INGREDIENTS

Aubergines

200 g onions, cut into quarters
2 garlic cloves
75 g olive oil
4 eggplants, medium size, cut into eight (approx.850 g)
400 g chopped tomatoes, canned
35 g tomato paste
60 g pomegranate juice
1 tbsp balsamic vinegar
2 tbsp brown sugar
1 tsp paprika
1 tsp ground cumin
1 pinch salt
1 pinch pepper

Tahini dressing

80 g tahini paste
40 g olive oil
40 g water
2 tbsp lemon juice
zest lemon, ½ lemon
1 tbsp parsley, finely chopped
1 pinch salt
1 pinch pepper

Assembly

150 g baby rocket or spinach leaves
20 g pomegranate
2 tbsp pine nuts

PREPARATION

Aubergines

1. Place onions, garlic and olive oil, into mixing bowl, chop **5 sec/speed 5** and sauté **5 min/120°C/speed 1**.
2. Add aubergines and sauté **10 min/120°C/reverse/speed 0,5**. Transfer into a bowl and set aside.
3. **Insert butterfly whisk**, add tomatoes, tomato paste, sautéed aubergines, pomegranate juice, balsamic, sugar, paprika, cumin, salt, pepper and cook **25 min/Varoma/speed 0.5**. Transfer into a bowl and set aside to cool down.

Tahini dressing

4. Place tahini paste, olive oil, water, lemon juice, lemon zest, parsley, salt and pepper into mixing bowl and mix **5 sec/speed 4**.

Assembly

5. Place baby rocket leaves, in a serving bowl, cover with aubergines, garnish with pomegranate, pine nuts and tahini dressing. Serve immediately or refrigerate until needed.

The recipe belongs to food blogger Mrs. Galateia Pamporides.
<https://cuisinovia.com/2017/10/06/roasted-aubergines-with-pomegranate/>