

Roasted Eggplant with Yogourt Tahini Sauce



This roasted eggplant is one of my favourite dishes for evenings when I want something comforting and easy to prepare. The combination of the creamy tahini yogurt with the tender eggplant and the subtle hint of chili oil with sumac is simply irresistible.

This dish is also versatile: serve it as an appetizer to impress your guests, or add a protein, like ground turkey, for a complete and balanced meal. It's an ideal option for a light yet satisfying meal.

Preparation 10 min

Cooking 65 min

Servings 2 (or 4 as an appetizer)

Nutrition Facts (per serving)

Calories 390

Fat 27

Carbohydrates 20

Fibre 9

Protein 17

Sodium 640

Ingredients

Roasted eggplant:

- 1 eggplant, cut in quarters lengthwise

- 15 ml (1 tbsp) extra virgin olive oil
- 2.5 ml (½ tsp) salt

Sumac chili oil

- ½ lemon, juiced (20 ml or 1.5 tsp)
- 10 ml (2 tsp) chili oil
- 15 ml (1 tbsp) extra virgin olive oil
- 2 cloves of garlic, minced
- 10 ml (2 tsp) dried sumac

For plating:

- 15 ml (1 tbsp) tahini
- 250 ml (1 cup) 0% plain Greek yogourt
- 15 ml (1 tbsp) pine nuts
- Parsley and mint, to taste

Preparation

1. Preheat the oven to 350°F (175°C) and line a baking tray with parchment paper.
2. Brush the eggplant with olive oil, sprinkle with salt, and place on the tray. Roast for 1 hour, turning halfway through, until soft and golden.
3. While the eggplant is roasting, mix the lemon juice, chili oil, olive oil, garlic, and sumac in a small saucepan. Heat for 2-3 minutes, then set aside.
4. In a small bowl, stir together the yogurt and tahini. Spread this mixture onto two plates.
5. When the eggplant is ready, place two pieces on each plate over the yogurt. Drizzle with the hot sumac chili oil, then top with pine nuts, parsley, and mint. Serve and enjoy.

Notes

Can be refrigerated for 3-4 days, cannot be frozen.

For a higher-protein dish, it is also possible to add pan-fried ground turkey or beef on top of the eggplant.



Sophie Idris – Nutritionniste Diététiste à Montréal
Registered Dietitian Nutritionist in Montreal