

Vegetable Dishes

Eggplant and Tahini Pie

Yield: up to 8 servings

An interesting way to make an appetizing and unusual dish of eggplant.

2-3 large eggplants (about 2 pounds)
1 cup thick, ready-made tomato sauce (about 8 ounces)
1 tablespoon lemon juice
3/4 cup (about 6 ounces) ready-made sesame paste, also called 'tahini'
4 cloves garlic, crushed
2 tablespoons olive oil
2 tablespoons light soy sauce
Tabasco sauce, to taste
2 eggs, omega-3
2 tablespoons chopped fresh basil
ground black pepper, to taste

olive oil spray

garnish: 8 cherry tomatoes, cut in half

1. Prick the eggplants all over with a fork and roast them in a hot oven at 350°F (175°C) for around 55 minutes, turning them once (the eggplant flesh should be soft in the middle). Set aside to cool.
2. Peel the eggplants and place in a food processor. Add all the ingredients and blend to a smooth consistency.
3. Spray a table-ready baking-dish (about 10-inches diameter) with the olive oil and fill with the mixture. Spray the top of the pie lightly with the olive oil.
4. Bake for around 25 minutes in a hot oven at 340°F (170°C).
5. Take the dish out of the oven and decorate with the cherry tomato halves (cut-side upwards) and bake for another 20 minutes. Check for doneness.
6. Serve in the dish.