

Eggplant Salad

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Categories

Gluten-free

Yields: 8 servings

Preparation time: 5 mins

Cooking time: 10 mins

Category: Salads and dressings

Complexity: Simple to moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Eggplant, cooked	4 large
Lemon, fresh	1 large - 2 3/8" diameter
Olive oil	3 tablespoon
Salt, sea salt	1 teaspoon
Tomato raw (includes cherry, grape, roma)	1 large - 3" diameter
Parsley, fresh	1 tablespoon
Onions (young green, tops only)	2 stalk

Instructions

Punch small holes in eggplants using a toothpick.

Cook the eggplants.

The best way is to barbecue the eggplants until the outer skin is charred. Make sure to turn them occasionally.

If you don't want to use the barbecue you can use alternate methods such as a microwave, or steam the eggplants.

The eggplant's insides should be squishy and easily removable from the outer black skin.

Make a mixture of oil and lemon in a bowl

Take eggplants and peel the skin after cooked

Mix the eggplants and chopped tomatoes

IMPORTANT --- Make sure to quickly dunk the cooked eggplants (after you peel the skin) into the oil and lemon mixture

If you don't do it quickly the eggplants will turn brown and lose its green colour.

Take them out of the mixture and put it into another bowl

Mash them to turn into a paste.

Chop the tomato into small cubes. (1/4" or 5 mm cubes)

Dice the green onions into thin slices.

Put the tomato , onions and salt in the mix and spread evenly.

Put the mix in a serving bowl. Sprinkle the parsley leaves over the salad.