



Italian Roasted Herb & Garlic Eggplant

Preparation Time: 15 mins

Cooking Time: 12-35 mins

Serves: 6

Difficulty: Easy

This recipe can be for barbequing or roasting. Barbequing takes just 12 minutes while roasting will take you 30-35 minutes.

INGREDIENTS

2 large eggplants cut ½" thick slices
½ cup extra virgin olive oil
3 cloves of garlic finely chopped
2 tspns salt
2 tspns sea salt
½ tspn pepper
2 tblspns chopped fresh oregano

Note:

Larger eggplants perform better for roasting or barbequing than small, as they can become mushy.

Salting the eggplant removes the bitterness that can come from large eggplants. Salting prior may not be necessary with smaller eggplants.

PREPARING THE EGGPLANT

1. Place eggplant slices down on paper towel sheets and lightly salt each side. Let rest for 15 mins.
2. Pat dry each side of the eggplant.
3. In a bowl, mix the olive oil, fresh oregano, garlic, sea salt, and pepper.

BARBEQUING DIRECTIONS

1. Preheat barbeque to medium heat.
2. Dip eggplant pieces in herb & olive oil mix.
3. Grill for approximately 6 mins each side. Brush with olive oil if slices become dry & stick to the grill.
4. Once cooked & tender, lightly dip in herb-olive oil mix and place on a platter to serve.

OVEN ROASTING DIRECTIONS

1. Preheat oven to 400f/204c.
2. Place eggplant in a single layer on baking sheet lined with baking paper. Drizzle with herb-olive oil mix.
3. Bake for 30-35 minutes until cooked through & caramelized.