

Moultabal 4-5 portions

Ingredients

- 1 medium sized eggplant
- ½ cup Tahini (sesame seed paste)
- 1 ½ cup squeezed lemon
- 2 garlic cloves
- 2 tablespoon salted yoghurt
- salt



Recipe

1. Roast the Eggplant on an oven top for about ½ hour, if you have an electric hub poke some holes in the eggplant and let it roast in the oven, (oven top is preferable as it gives it a smokier taste)
2. Allow eggplant to rest for 10-15 minutes, then run it under cold water from a sink and slowly peel using your hands.
3. Remove the stem and place the flesh into a plastic container. Run a knife through the flesh to separate it, add the juice of 1 ½ lemon, 2-mashed garlic cloves ½ teaspoon salt, ½ cup of tahini and 2 tablespoons yoghurt.
4. Mash the mixture using a spoon or a mortar and mix well.
5. Check that the amount of salt and lemon juice and garlic are to your liking and add to your preference.

Spread on a plate and garnish with parsley and olive oil. Enjoy,

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a double good health