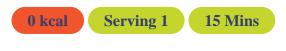
Eggplant salad with mint yoghurt dressing



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Calories 0 kcal Protein Serves 0.40 Carbohydrate 9.5 grams Cholesterol 0 milligrams Fat 0 grams Fiber 0 grams Protein 0 grams



Salad

40 g Eggplant (cut into thick slices)1 tsp Olive Oil60 g Tomato (finely chopped)10 g Parsley (fresh, chopped)

Mint Yoghurt Dressing

100 g Plain Jalna Yoghurt1 tbsp Mint (fresh chopped)1 tsp Lemon Juice

Instructions

1. To make dressing, combine the yoghurt, fresh mint and lemon juice in a jug.

2. Heat a barbecue grill on high, spray with cooking spray, cook eggplant for 2 minutes each side or until brown and tender, cut into strips.

3. Place the eggplant, tomato and parsley in a bowl, gently toss to combine.

4. Place the eggplant mixture on a serving plate and drizzle with the dressing.