

Eggplant salad with mint yoghurt dressing



0 kcal

Serving 1

15 Mins

Salad

40 g Eggplant (cut into thick slices)

1 tsp Olive Oil

60 g Tomato (finely chopped)

10 g Parsley (fresh, chopped)

Mint Yoghurt Dressing

100 g Plain Jalna Yoghurt

1 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.

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★★★★★ (0)

Calories 0 kcal

Protein Serves 0.40

Carbohydrate 9.5 grams

Cholesterol 0 milligrams

Fat 0 grams

Fiber 0 grams

Protein 0 grams