

Aubergine {eggplant} Dip

Ingredients

- 1 aubergine {eggplant}
- 1 clove of garlic
- ½ - 1 fresh green chilli
- ½ a bunch of fresh flat-leaf parsley
- 1 tablespoon extra-virgin olive oil
- ½ lemon

- ½ teaspoon smoked paprika



Method

1. Preheat the oven to 350°. Pierce the aubergine {eggplant} a couple of times with a knife, then roast for 45 minutes until blackened, softened and collapsing. Leave to cool.
2. Peel and crush the garlic, deseed and finely chop the chili and pick and finely chop the parsley.
3. Scoop the cooled insides from the aubergine into a food processor. Blitz with the garlic, chili, oil, a good squeeze of lemon juice, the parsley and a pinch of sea salt and black pepper.
4. Taste and adjust the seasoning, oil and lemon as needed. Place in a dish and sprinkle with paprika. Serve with veggies, crackers or bread of your making.

Recipe by Jamie Oliver of jamieoliver.com