
RECIPE BY QUEEN OMEGA

ROASTED AUBERGINE IN GINGER & SOY SAUCE SERVED WITH QUINOA & SALAD

Roasted Aubergine Ingredients: 3 Eggplants • 7 Bulbs of Garlic • 2 inch Piece of Ginger • 1 Large Red Onion • 2 Stems Spring Onion • Half Bunch Celery • 1 Tbsp Coconut Oil • Coconut Cream • Soy Sauce • 1 Packet Quinoa

Salad Ingredients: Cucumbers • Tomatoes • Lettuce • Rocket Leaves • Avocadoes • Pumpkin Seeds • Cranberries • Extra Virgin Olive Oil • Lemon Juice

Instructions / Method:

1. Blacken whole eggplants in fry pan until brown, rotating on all sides with tongs. Slit and place some garlic inside. Start this ASAP as it takes about 30 mins for eggplants to reach a soft, mashable consistency.
 2. Dice the garlic, tomatoes, onions, and ginger.
 3. Boil the water for the quinoa.
 4. Chop the spring onions finely.
 5. Chop the garlic and sautee it in the coconut oil to get a smoky flavour. Combine it with the spring onion and soy sauce.
 6. Once the eggplant is done, peel the skin off and place it into separate bowl. Add the diced tomatoes and cooked garlic and ginger mix.
 7. For the salad, chop the vegetables and combine with other listed ingredients; dress with the olive oil, lemon juice. Season to taste.
 8. Serve on a bed of quinoa, topped with eggplant and with the salad on the side.
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