

# Aubergine-soy sauce dip with garlic

Total time **60 mins** 60 mins preparation time

Nutritional facts (per portion):  
**446 kJ / 106 kcal**

Fat: **7.5 g** Protein: **2.5 g**  
Carbohydrates: **6.6 g**

## INGREDIENTS

4 portion(s)

<b>1</b>	garlic bulb
<b>1</b>	Aubergine
<b>3 tbsp</b>	olive oil
<b>4 tbsp</b>	Kikkoman Naturally Brewed Soy Sauce
	Juice of half a lime
<b>2 tbsp</b>	smooth, chopped parsley
	Freshly ground black pepper
<b>0.5 tsp</b>	chili flakes

## PREPARATION

### Step 1

Preheat oven to 220°C/200°C fan. Halve garlic bulb horizontally. Wash the aubergine, cut off the ends and halve lengthwise. Put the garlic and aubergine cut surface upwards on a baking tray covered with baking paper, cut slashes diagonally several times into the aubergine, spread thinly with 1 tbsp olive oil and bake in the oven for approx. 30-40 minutes. Remove garlic and aubergine and allow to cool.

### Step 2

Press the garlic flesh out of the papery skin. Remove the soft aubergine pulp with a spoon, puree with garlic, remaining oil, Kikkoman soy sauce, lime juice and parsley. Season with pepper and chilli flakes and serve.