

Aubergine-soy sauce dip with garlic

Total time 60 mins 60 mins preparation time

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

INGREDIENTS

4 portion(s)

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

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

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.