

Eggplant Salad

White vinegar with Thyme

Ingredients

4 -5 Eggplants

1 Dried onion

A handful of chopped parsley

1 tbsp. White vinegar with thyme

3 tbsp. Extra virgin olive oil

Salt & Pepper

If you bake the eggplants over the open fire they will have a nice smoky taste.



Preparation

Καλή όρεξη!

- Start your grill and place the eggplants on the fire.
- Bake them until they are brown on all sides and very soft.
- When they are ready, put them in a bowl. Leave them for 10 minutes.
- Remove the stalk, cut them in half and empty them with a spoon.
- While the eggplants are cooking, prepare the onions.
- Peel them, cut them into small cubes and put them into a bowl.
- Finely chop the parsley and add it to the onions.
- Add white vinegar with thyme, extra virgin olive oil, salt & pepper.
- Leave it to marinate until the eggplants are ready.
- Add the onions to the eggplants and mix everything together.
- Add more vinegar or salt according to your taste.



Wisdom of Nature

organic grape products

Koutsis, 20500 Nemea, Greece

www.sofiatisfisis.gr

mail@sofiatisfisis.gr