

Zaalouk

Preparation time: 15 minutes

Cooking time: 35 minutes

Ingredients (for one person):

- 1 medium size aubergine
- 1 large tomato
- 1 clove of garlic
- 2 tablespoons of olive oil
- 1 teaspoon of paprika
- Pinch of turmeric
- Pinch of ginger
- Pinch of chilli
- ¼ teaspoon of cumin
- Pinch of salt
- 1 teaspoon of fresh parsley finely chopped

Preparation

Peel and cut the aubergine and the tomato into small pieces and place into the saucepan. Add a finely chopped and pasted clove of garlic, 2 tablespoons of olive oil and all the spices: paprika, turmeric, ginger, chilli and salt.

Sear on high heat until the pan is hot then let it cook on low heat for about 15 minutes, covered. Mash the aubergine until the aubergine is a textured puree. Then turn off the heat, add the cumin and the chopped parsley.

This salad can be served chilled or warm.

Enjoy your salad!