## **BABA GHANOUSH**

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## ingredients

- 3 large eggplants (1.5 kg)
- ¼ cup red bell pepper, small dice
- ullet  $^{1}$ 4 cup green bell pepper, small dice
- 1 tomato, seeded, finely diced

- 1 serrano pepper, finely chopped
- 1/4 cup finely chopped parsley
- 2 large cloves garlic, crushed
- 1 green onion, finely sliced
- 1/4 cup lemon juice
- ¾ tsp salt
- 1/4 tsp ground black pepper
- 2 tbsp olive oil

## Garnish:

- 1 tbsp olive oil
- 1 tbsp pomegranate molasses
- ½ cup pomegranate seeds
- 2 tbsp finely chopped parsley

## instructions

- 1. Preheat the oven to 425 F.
- 2. Place the eggplants on a large parchment paper-lined baking sheet. Using a knife, pierce the skin of the eggplants all over. Bake for 1 hour turning halfway. Alternatively, if you have access to a charcoal grill, grill the eggplants on all sides until the skin is charred, about 20 minutes.
- 3. Cut the green and red bell pepper in a small dice, add to a bowl; deseed a tomato and cut into a small dice, add to the same bowl.
- 4. Finely chop a serrano (if using) to add some kick, then finely chop parsley and add to the bowl; add the crushed garlic and finely sliced green onion to the bowl.
- 5. Add the lemon juice, salt and pepper and drizzle with olive oil. Mix well until combined.
- 6. Using a spoon, scoop out the eggplant flesh while it is still hot. Let drain in a fine-mesh sieve until cool, about 30 minutes. Discard any liquid.
- 7. In a bowl, combine the strained eggplant with the vegetables. Stir well.
- 8. Serve in a bowl, drizzle with olive oil, pomegranate molasses and top with the pomegranate seeds and chopped parsley.

