



SPICED EGGPLANT & PEANUT SALAD

Andrea Saunders says that this is one of her favourite salads that she has created in the Ripe kitchen. The pungent spices with the sweet eggplant and peanuts makes this a fabulous accompaniment to BBQ lamb.

Serves 4-6

1 tsp **CORIANDER SEEDS**, toasted
1 tsp **CUMIN SEEDS**, toasted
1 tsp **SMOKED PAPRIKA**
1 tbsp **CURRY POWDER**
1 tsp **DRIED CHILLI FLAKES**
1 tsp **GROUND CUMIN**
½ tsp **SALT**
2 cloves **GARLIC**, crushed
¼ cup (60ml) **OLIVE OIL**
2 medium sized **EGGPLANT**, cut in 2cm cubes
SALT and freshly **GROUND BLACK PEPPER**
2 handfuls of **BABY SPINACH**, washed
1-2 cups **YOGHURT DRESSING**
1 cup **FRESH CORIANDER LEAVES**, roughly chopped with a few leaves set aside for garnish
¾ cup (125g) **ROASTED UNSALTED PEANUTS**, roughly chopped
JUICE of 1 **LEMON**

Preheat oven to 200°C.

With a mortar and pestle, crush together the toasted seeds, smoked paprika, curry powder, chilli flakes, ground cumin and salt. Tip into a large bowl. Add the crushed garlic, oil and the eggplant pieces. Mix well to coat.

Place the seasoned eggplant on an oven tray lined with baking paper and roast for approximately 30 minutes, turning once. Roast until tender and beginning to brown.

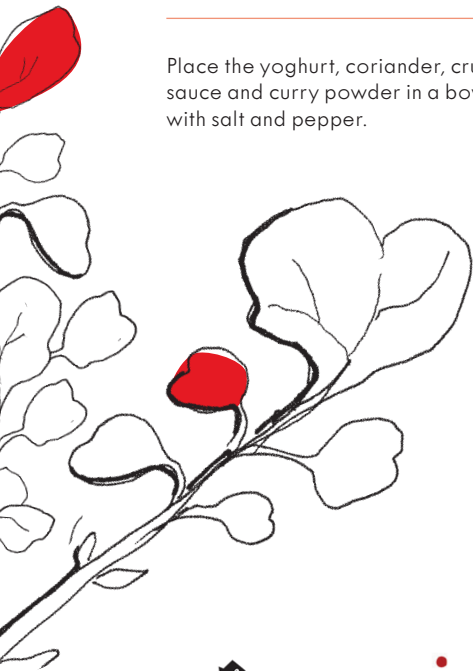
Allow to cool. Season to taste with salt and pepper.

To assemble the salad: on a large platter layer half of the spiced eggplant, spinach leaves, a drizzle of yoghurt dressing, fresh coriander leaves and some peanuts. Repeat the sequence with the remaining ingredients and finish with fresh coriander leaves. Finally, add a good squeeze of lemon juice and a drizzle of the remaining dressing.

YOGHURT DRESSING

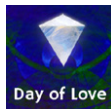
1½ cups (375ml) **PLAIN UNSWEETENED YOGHURT**
½ cup **FRESH CORIANDER**, finely chopped
1 clove **GARLIC**, crushed
2 tbsp **SWEET CHILLI SAUCE**
1 tbsp **CURRY POWDER**
SALT and freshly **GROUND BLACK PEPPER**

Place the yoghurt, coriander, crushed garlic, sweet chilli sauce and curry powder in a bowl. Mix and season to taste with salt and pepper.



Beatnik

ripe
delicatessen



Text: copyright © Angela Redfern & AMR Consulting 2013 | **Nutritional information:** supplied by Nellie Pigot – Holistic Nutritionist |

Managing Editors & Researchers: Amy Melchior, Angela Redfern & Lisa Clark | **Design, Typesetting & Cover Design:** copyright © Beatnik 2013 |

Illustrations: copyright © Michelle Ineson 2013 | **Photographs:** copyright © Sally Greer 2013 | **Recipe Development, Food Styling & Testing:** Amy Melchior, Pip Wylie, with the help of Ripe Delicatessen | **Chefs & Bakers:** Lynn Colbert, Kylie Wilson, Gemma Heffernan, Erin Luker, Donna North, Sharna Pito, Gawain Cowley, Stacy Devoy