

## Baba Ganoush with Tortilla Crisps

energy	protein	fat	carb	fibre	sodium	per portion
895kJ	6,5g	10,5g	29g	7g	464mg	

*Serves: 4* (as a snack)

2 medium aubergines,  
washed and pricked all  
over with a fork

3T tahini paste

1T olive oil

1-2 cloves garlic, roughly  
chopped

Zest and juice of 1 lemon

Salt and black pepper

Pinch of chilli (optional)

4 wholewheat tortilla  
wraps

### *Method:*

To make Baba Ganoush:

Preheat oven to 200°C.

Roast whole aubergines in oven for  
about 45 minutes or until soft.

Remove from oven and allow to  
cool.

Slice open and scoop out flesh.

Blend in a food processor together  
with the tahini, olive oil, garlic,  
lemon zest and juice, a sprinkle of  
salt and pepper and a pinch of chilli.

Whiz until smooth.

Serve with the tortilla chips or  
crudité.

To make tortilla  
crisps:

Preheat oven to  
200°C.

Slice tortilla wraps  
into bite-sized  
triangles and place  
onto a baking tray.

Bake in oven  
for about 10-12  
minutes or until  
golden and crisp.



### **Top tip:**

Aubergines are rich in antioxidants, particularly nasunin which is found in the skin and gives them their purple colour. They are also an excellent source of soluble fibre.