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by Suzanne Husseini

Arugula Salad with Grilled Aubergines

Ingredients

Arugula Salad with Grilled Aubergines and Sweet Pomegranate Dressing
Makes 4–6 servings
2 medium aubergines
1/4 cup peanut and olive oil combined
sea salt
2 tsp fennel seeds
1 garlic clove
1/4 cup balsamic vinegar
1/4 cup honey
juice of 1 lemon
1 tbs Dijon mustard
1/4 cup pomegranate syrup
4 tbs extra virgin olive oil
4 large handfuls arugula (rocket) leaves
1 small red onion, thinly sliced
2 cups cherry tomatoes, sliced
salt and pepper
1/2 cup toasted pine nuts
1/2 cup fresh pomegranate seeds

Preparation

1. Preheat the oven to 200°C.
2. Peel and cut the aubergines into thick rounds of about 2 cm, brush both sides with oil and place on a shallow baking sheet. Place in the oven to roast until golden and cooked through. Remove, cool completely and slice each round in half. Set aside.
3. Using a pestle and mortar, crush the fennel seeds and garlic to make a paste. Add in the balsamic vinegar, honey, lemon juice, Dijon mustard, pomegranate syrup and olive oil. Whisk together to emulsify the dressing. Set aside.
4. In a shallow serving platter lay the arugula leaves. Sprinkle the onions and tomatoes on top. Toss around to combine. Scatter the aubergine slices on the salad. Drizzle some dressing all over. Garnish with pine nuts and pomegranate seeds. Serve immediately.
5. Serve with crusty olive bread and olives on the side.
6. Photograhy By Petrina Tinslay

Cooks Note

Suzanne is the author of "When Suzanne Cooks: Modern Flavours of Arabia," a bestselling cookbook showcasing the best of Arabic /Middle Eastern cuisine, all done in Suzanne's unique way.

A new cooking show is in the works as well soon to be announced.

Suzanne has recently launched 'Modern Flavors of Arabia, Recipes and Memories from my Middle Eastern Kitchen' in Europe, Australia , Canada and United States.