Posted on 23 June 2015

by Francesca Verrucci

Roasted Aubergine with Chili and Herbs



Ingredients

3 medium aubergines, cut into slices 1.5 cm thick
1 clove garlic, finely chopped
1 mild red chile, seeded and finely chopped
6 tablespoon mixed chopped herbs (parlsey, basil, oregano, thyme, etc.)
extra virgin olive oil
sea salt
freshly ground black pepper
Serves 4

Preparation

1. Preheat the oven to 220° C. Place the eggplant slices on a baking sheet, brush both sides with plenty of olive oil, and sprinkle with salt and pepper. Roast for 20 to 35 minutes, turning them halfway through, until they have a beautiful light brown color.
2. In the meantime make the herbs and chili marinade.
3. In a small pan heat 3 tablespoons olive oil and sauté the garlic and chili for few minutes, until the garlic turn lightly brown. Remove from the heat, let cool for a couple of minutes then add the mixed herbs, stirring to combine.
4. To serve, arrange the eggplant slices on a large plate, spoon the herb and chili marinade over them and leave at room temperature for 2 hours before serving (or you can store in the fridge for up to 2 days at this stage
5. make sure you don't serve cold so remove from the fridge at least one hour in advance). Add a dash of extra virgin olive oil just before serving.

Cooks Note

(Source)