



Eggplant, tomato & mint salad

Ingredients

- 2 eggplants (300g), cut into 1cm slices
- Oil spray
- 2 tomatoes finely chopped
- 1 cup fresh mint leaves
- 2 tablespoon Bombay Authentics® Luxury Mint Chutney
- ¼ cup skim milk Greek Yoghurt
- Salt and pepper to taste

Method – Mint Dressing

- Combine the mint chutney and Greek yoghurt in a bowl and mix them well.
- Season the dressing with pepper

Method 2

- Heat the grill on high. Lightly spray the eggplant with olive oil on each side and season with salt
- Cook each side until brown and tender
- Place the eggplant, tomato and parsley in a large bowl. Then gently toss to combine
- Place the mixture on a serving plate and drizzle with the mint dressing.
- Serve with some toasted bread

