

LOVE THY CARROT

real food made with love

. . . .

EGGPLANT CUBES WITH POMEGRANATE MOLASSES

This recipe makes 4 servings.

INGREDIENTS

1 large eggplant
2 tbsp pomegranate molasses
1 tbsp honey
2 tbsp olive oil
2 tbsp sesame seeds
pinch of salt
1 can coconut milk
1 tbsp green curry
1/2 cup raw peanuts
fresh basil for serving

DIRECTIONS

1. Preheat oven to 170 degrees C (350F). Line a baking tray with parchment paper.
2. Cut the eggplant into cubes. Lightly score the surface of the eggplant in a crosshatch pattern.
3. In a shallow bowl toss the eggplant with the pomegranate molasses, oil, sesame seeds and salt.
4. Place the eggplant on the parchment lined baking tray and roast for about 20 minutes or until bubbling and the eggplant is golden around the edges.
5. While the eggplant is roasting place the peanuts, green curry and coconut milk in a medium pot and bring to a simmer.
6. Cook, stirring constantly until the coconut milk has reduced by about half.
7. To serve: Place a few spoonfuls of the coconut peanut sauce on each plate. Place an eggplant cube on top of the sauce and garnish with the fresh basil.

COOKS NOTES

Any leftover sauce would be great as a marinade for tofu or tempeh.
You can find pomegranate molasses at selected supermarkets, health food/specialty food stores.