BABA GHANOUSH

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ingredients

- 3 large eggplants (1.5 kg)
- ¼ cup red bell pepper, small dice
- ¼ cup green bell pepper, small dice
- 1 tomato, seeded, finely diced

- 1 serrano pepper, finely chopped
- ¼ cup finely chopped parsley
- 2 large cloves garlic, crushed
- 1 green onion, finely sliced
- ¼ cup lemon juice
- ¾ tsp salt
- ¼ tsp ground black pepper
- 2 tbsp olive oil

Garnish:

- 1 tbsp olive oil
- 1 tbsp pomegranate molasses
- ¼ cup pomegranate seeds
- 2 tbsp finely chopped parsley

instructions

1. Preheat the oven to 425 F.
2. Place the eggplants on a large parchment paper–lined baking sheet. Using a knife, pierce the skin of the eggplants all over. Bake for 1 hour turning halfway. Alternatively, if you have access to a charcoal grill, grill the eggplants on all sides until the skin is charred, about 20 minutes.
3. Cut the green and red bell pepper in a small dice, add to a bowl; deseed a tomato and cut into a small dice, add to the same bowl.
4. Finely chop a serrano (if using) to add some kick, then finely chop parsley and add to the bowl; add the crushed garlic and finely sliced green onion to the bowl.
5. Add the lemon juice, salt and pepper and drizzle with olive oil. Mix well until combined.
6. Using a spoon, scoop out the eggplant flesh while it is still hot. Let drain in a fine-mesh sieve until cool, about 30 minutes. Discard any liquid.
7. In a bowl, combine the strained eggplant with the vegetables. Stir well.
8. Serve in a bowl, drizzle with olive oil, pomegranate molasses and top with the pomegranate seeds and chopped parsley.