

Roasted Aubergine with Feta, Herbs and Yoghurt Dressing

Serves 1 as a main or 2 as a side

40 mins

3 main ingredients

What you'll need

Main ingredients

1 large aubergine, halved lengthways

Fresh/ frozen

½ Avocado

Juice of ½ lemon

½ Green chilli, sliced and deseeded

100g Greek yoghurt

100g Feta Cheese, crumbled

Sprig of fresh thyme, leaves only – mint or coriander would also be nice

1 Spring onion, finely sliced

Store cupboard

Olive oil, about 2 tbsp

Salt & Pepper, to taste

30g walnuts, roughly chopped or left whole – to your preference

Sesame seeds, 1 tsp

Pumpkin seeds, 1 tsp (optional)

What to do

1. Preheat the oven to 190 degrees C/ 170 degrees C fan. Line a baking/ roasting tray with baking paper.
2. Half the aubergine down the middle, lengthways and score the flesh to make a diamond pattern. Drizzle or brush all over with olive oil. Scatter with pumpkin seeds if using and season with salt and pepper.
3. Cook for 20 minutes, then rotate the tray and drizzle with a little more olive oil if it looks a little dry. Cook for 20 more minutes or until nicely browned and soft all the way through.
4. While the aubergines are cooking, make the dressing by adding ½ avocado, 100g Greek, juice of half a lemon, ½ green chilli to a blender cup and blitz until smooth – you can add a teaspoon or 2 of water if you prefer a looser dressing. Taste and add salt and pepper if needed.
5. Time to plate up! Dollop some of the avocado dressing in blobs, crumble over the feta cheese, sprinkle with walnuts and fresh thyme. Top with finely sliced spring onions and a drizzle of olive oil to finish.

Notes & tips

- Make this recipe your own by selecting your favourite herbs, seeds and nuts to use – or sub them out for things you have in your cupboard – I didn't have any pumpkin seeds so just left them out it was still delicious!
- Make it as spicy as you like – the dressing could easily take a whole green chilli, if that's your preference.
- Serve as a side: with your choice of protein. Any grilled meat or fish would be delicious served alongside these roasted aubergines.