

EGGPLANT CAULIFLOWER AND LEEK DIP



SERVING SIZE

6



INGREDIENTS

ITEM

Olive Oil
Leek, Rinsed, and Finely Chopped
Garlic Cloves, Peeled and Minced
Cauliflower
Eggplant, Cubed

QUANTITY

2 Tbsp.
1
2
2 Cups
2 Cups

ITEM

Salt and Pepper
Lime or Lemon
Parsley, Finely Chopped
Pinch of Chili Flakes

QUANTITY

To Taste
1
¼ cup



PREPARATION

- Heat 1 tbsp. of olive oil in a pan over medium heat.
- Add the chopped leek and minced garlic, cooking for 2-3 minutes until soft.
- Add cauliflower and eggplant cubes, season with salt and pepper, and cook for another 5 minutes.
- Pour in a small amount of water, cover, and let it steam for 10 minutes until tender.
- Transfer the cooked mixture to a blender or food processor.
- Add lemon or lime juice, parsley, chili flakes, and the remaining olive oil.
- Blend until smooth, adjusting seasoning as needed.
- Serve and enjoy!