

Aubergine in garlic sauce *(Side dishes)*



Preparation

Cut the aubergine into slices 1.5 cm thick. Salt them all and put them in a colander with a weight on top and leave to drain the water for 30 min. Prepare the garlic sauce: blend together with a hand blender the garlic, parsley and oil so as to obtain a tasty sauce. Pat dry the aubergine and arrange in a frying pan with a little oil. When they are nicely browned, make some incisions in the aubergine with a sharp knife so that the sauce penetrates deeper into the veg. Now spread all the aubergines with plenty of garlic and parsley sauce, and enjoy!

Tips

Aubergines should not be eaten raw, because due to their high content of solanine they are indigestible and distinctly unpleasant to the palate.

Trivia

Did you know that aubergines are known for their ability to absorb seasonings and flavourings? Be careful therefore that you don't overdo them: you could turn a light vegetable meal into a calorific bomb!

Information

Preparation 40 minutes

Total Time 10 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Aubergine 300 grams

Salt

Extra virgin olive oil

Parsley 16 grams

Garlic 1 clove