KIKKOMAN

# Aubergine-soy sauce dip with garlic

Total time **60 mins** **60 mins** preparation time

Nutritional facts (per portion):
**446 kJ / 106 kcal**

Fat: **7.5 g** Protein: **2.5 g**
Carbohydrates: **6.6 g**

## INGREDIENTS

**4 portion(s)**

| | |
|---|---|
| **1** | garlic bulb |
| **1** | Aubergine |
| **3 tbsp** | olive oil |
| **4 tbsp** | Kikkoman Naturally Brewed Soy Sauce |
| | Juice of half a lime |
| **2 tbsp** | smooth, chopped parsley |
| | Freshly ground black pepper |
| **0.5 tsp** | chili flakes |

## PREPARATION

### Step 1

Preheat oven to 220°C/200°C fan. Halve garlic bulb horizontally. Wash the aubergine, cut off the ends and halve lengthwise. Put the garlic and aubergine cut surface upwards on a baking tray covered with baking paper, cut slashes diagonally several times into the aubergine, spread thinly with 1 tbsp olive oil and bake in the oven for approx. 30-40 minutes. Remove garlic and aubergine and allow to cool.

### Step 2

Press the garlic flesh out of the papery skin. Remove the soft aubergine pulp with a spoon, puree with garlic, remaining oil, Kikkoman soy sauce, lime juice and parsley. Season with pepper and chilli flakes and serve.