

EGGPLANT CAVIAR

*Preparation time: 10 minutes, plus 40 minutes cooking
Makes 2 servings*

- 2 eggplants
- 1 garlic clove
- 2 tsp extra-virgin olive oil
- salt and freshly ground black pepper
- ½ tsp ground cumin
- 2 tsp lemon juice
- crusty bread

This is a delicious light lunch. Adjust the seasoning according to your taste, and feel free to replace the bread with raw crudité's if you're cutting down on gluten.

Preheat the oven to 350°F. Poke the eggplants with a fork to prevent any messy explosions (we speak from experience) and pop directly in the oven. Leave to cook for 40 minutes.

Speedy tip: if you have a microwave, poke the eggplants and pop them in for 15 minutes.

When the eggplants have softened, remove from the oven and leave to cool for a minute or two in a colander. Slice in half, then scoop out the flesh with a

spoon and add to a bowl (you could also include some of the skin if you wish, for texture). Add the remaining ingredients, and, using a hand blender, blend to a smooth paste.

Taste and adjust the seasoning before spooning into a container.

Come lunchtime

Enjoy this on a few slices of crusty bread or baguette.