

CLASSIC BABA GANOUSH

Prep Time: 10 mins. • Cook Time: 25 - 30 mins. • Total Time: 35 - 40 mins.

Want to see this recipe in action? Watch it on my YouTube channel, Samantha Sambile!

INGREDIENTS

- 1 large eggplant
- 3 tbsp. tahini
- 4 cloves of garlic
- juice of 1 lemon
- 2 tbsp. extra virgin olive oil
- 1 bunch or 1/2 cup of cilantro (substitute: parsley)
- 1/4 tsp. smoked paprika
- 1/4 tsp. cumin
- sea salt to taste (I used 1/4 tsp.)
- 1/4 tsp. pepper



Recipe by: Samantha Sambile
Serves: 4 to 6 people

DIRECTIONS

1. Preheat your oven to 375° Fahrenheit.
2. While your oven is preheating, cut your eggplant into 1 inch cubes. Lay them out on a baking sheet and drizzle them with 2 tbsp. of extra virgin olive oil until they're all coated.
3. Once the oven is preheated, roast your eggplant for 25 to 30 minutes.
4. Once your eggplant is tender and browned (should be soft enough to mash), let it cool for 5 more minutes before putting them in a food processor along with the rest of the ingredients. Pulse till creamy and smooth.
5. For extra richness, spoon into a bowl and drizzle with a bit more olive oil and sprinkle more smoked paprika right on top for extra flavor and color. Serve with extra lemon wedges and garnish with more cilantro and you're set!

NOTES

- Normally, Baba Ganoush requires grilled eggplants, but in this version I chose to simply oven roast it. You can also char your eggplant on a gas stove top to add more smoky flavor. Feel free to choose whichever method you want!
- Don't have a food processor? Simply peel the eggplant before roasting, mince your garlic cloves and cilantro, then mash all the ingredients together with a fork. It may be a little chunkier but it'll be just as delicious!

MAKE THIS RECIPE?

Snap a photo and tag me on Instagram [@samanthasambile](#) and hashtag [#eatwithsamsam](#). I'd love to see your creations!