

Eggplant salad with mint yoghurt dressing

Calories: 0 kcal

Servings: 1

Time: 15 Mins

Instructions

1. To make dressing, combine the yoghurt, fresh mint and lemon juice in a jug.
2. Heat a barbecue grill on high, spray with cooking spray, cook eggplant for 2 minutes each side or brown and tender, cut into strips.
3. Place the eggplant, tomato and parsley in a bowl, gently toss to combine.
4. Place the eggplant mixture on a serving plate and drizzle with the dressing.