



Low FODMAP Smokey Eggplant Dip

Serves: 8

Prep: 30 minutes

Cook: 35 minutes



Stack Cup

Ingredients	Metric	Imperial
1 large eggplant	700 g	25 oz
1 tbsp lemon juice		
2 tbsp tahini	30 g	1 oz
1/2 tsp ground cumin		
1½ tbsp garlic-infused extra virgin olive oil	30 g	1 oz
Salt and pepper, to taste		
Sprinkle of smoked paprika		
Fresh herbs (such as coriander or parsley), roughly chopped, to serve		

Method

1. Preheat oven to 200°C (390°F). Line a large baking tray with baking paper. Place whole eggplant onto tray and prick skin all over with a fork. Roast for 35-40 minutes or until eggplant is soft. Set aside to cool.
2. Once eggplant has cooled, cut it in half lengthways. Using a large spoon, scoop out the flesh onto a chopping board. Roughly chop then transfer to a mixing bowl.
3. To the mixing bowl, add 2 tablespoons of lemon juice, tahini, cumin, 1 tablespoon of the garlic-infused oil and salt and pepper. Mash into eggplant until well combined.
4. To serve, spoon dip into a serving bowl. Drizzle with remaining garlic-infused oil and sprinkle with smoked paprika and chopped fresh herbs.

Hints

- This can be stored in an airtight container in the fridge until ready to serve (up to two days)
- For a spicier version, add fresh red chilli to taste
- This dip is delicious served with low FODMAP vegetable sticks, toasted low FODMAP bread, crispbread or flatbread

Nutrition Information (per serve)	
Energy	310 Kj / 74 cal
Protein	2.00g
Carbohydrates	1.00g
Sugar	1.00g
Total Fat	7.00g
Saturated Fat	1.00g
Fibre	2.60g