

## **MUTABAL**

Source: Olives. Lemons and Za'atar  
by Rawia Bishara

Serves 6-8



- Aubergines – 2 medium
- Plum tomatoes, finely chopped – 4
- Chillies, deseeded and finely chopped (optional) – 2
- Garlic, crushed – 4 to 5
- Shallot, very finely chopped – 1
- Flat-leaf parsley, freshly chopped – 60g
- Extra virgin olive oil – 6 TBSP
- Lemons – 2 plus extra for finishing
- Ground cumin – ½ tsp
- Freshly ground black pepper ½ tsp
- Sea salt – to taste
- Cucumber, sliced for garnish

**1.** Prepare a charcoal or gas grill for grilling over a high heat, or turn 3 gas burners to high.

Place the whole aubergine directly on to the coals or flame and grill, using tongs to turn them as the skin chars, until blackened all over. Set aside to cool.

**2.** Alternatively, roast the aubergines in the oven: preheat the oven to 200°C (fan oven 180°C) and line a baking sheet with aluminium foil; pierce the aubergines in a few places with a sharp knife, place them on the prepared baking sheet and roast, turning every 5 min or so, until the skin is blistered and begins to crack all over. Set aside to cool.

**3.** Slice the aubergine in half, lengthways and scoop out the flesh, transferring it directly to a colander to allow the liquid to drain.

Meanwhile, in a medium bowl, combine the tomatoes with the chillies (if you are using them), garlic, shallots, half the parsley, 3 TBSP oil, lemon juice, cumin, pepper and salt.

Add the drained aubergine and mix together with a fork.

**4.** Transfer the aubergine mixture to a serving bowl and drizzle with the remaining 3 TBSP oil.

*Garnish with the remaining parsley and surround with the cucumber slices*