



Capsicum and Eggplant Salad

Experience the richness of flavour Spanish style. Capsicum and eggplant roasted in the oven sound like a perfect summer lunch, however with added herbs and spices and refrigerated, it will turn in to a juicy salad!

Ingredients

Number of persons: 4

- 700 g eggplants
- 1/2 teaspoon salt
- 1,2 kg red capsicums
- 3 garlic cloves
- 1 teaspoon [Vegeta Chicken Stock Powder](#)
- 3 tablespoons [lemon juice](#)
- 6 tablespoons [olive oil](#)



Preparation time: 50 min

Energetic value: 208 kcal / 869 kJ

Demanding:

Preparation

1. [Slice the eggplants in 1-2 cm slices. Salt them and let stand for 15 minutes. Then dry off each slice with a paper towel.](#)
2. [Arrange the slices on an oven tray and cook in the preheated oven at 210 C, for about 15 minutes.](#)
3. [Place whole capsicums in the oven, on the same temperature for around 20 minutes. Remove from the tray and place into a bowl, cover and let cool. Peel and clean, remove the seeds and cut into strips.](#)
4. [Combine the vegetables, garlic, Vegeta Chicken Stock Powder, lemon juice and put in the fridge to cool.](#)

Serving

[Serve with cooked fillets.](#)

Tip

[Prior to cooking the eggplants and paprika, cover the tray with aluminium foil and spread with oil.](#)

My notes

