

Melanzane alla menta

This dish is a delicious and flavorful eggplant dish that is perfect for a summer evening. The eggplant is co

Ingredients:

- * 125 g Greek yogurt
- * 2 cloves garlic
- * 4 eggplants
- * Mint leaves
- * Red pepper flakes
- * Olive oil
- * Salt

Instructions:

1. Preheat the grill to medium heat.
2. In a small bowl, combine the yogurt, garlic, mint, red pepper flakes, and 4 tablespoons of olive oil. Mix w
3. Wash the eggplants, dry them, and cut them in half lengthwise, without removing the stem.
4. Slice the pulp into thin, parallel slices.
5. Insert the remaining garlic slices and chopped mint leaves into each incision.
6. Place the eggplants on the grill and cook for 3-4 minutes on each side, brushing them with olive oil towa
7. Transfer 2 half-eggplants to each plate, sprinkle with salt, and drizzle with a little of the yogurt sauce.
8. Garnish with mint leaves and red pepper flakes, and serve the remaining eggplant on the side.