

Chargrilled eggplant and tomato salad

- **High in Dietary Fibre**
- **Vegetarian**
- **Vegan**
- **No added sugar**
- **Seafood-free**
- **Shellfish-free**
- **Wheat-free**
- **Sesame-free**
- **Peanut-free**
- **Nut-free**
- **Lactose-free**
- **Gluten-free**
- **Egg-free**
- **Dairy-free**

This quick and easy Chargilled Eggplant and Tomato Salad recipe has delicious chargrilled flavours that will be great to accompany a main dish or to just enjoy the delicious veggies.

- Serves 4
- Cooktime 15 mins
- Prep time 10 mins

Ingredients

- 2 eggplants, thickly sliced lengthways
- 2 tsp Cajun seasoning
- 350g mixed medley tomatoes, halved
- ¼ cup flat-leaf parsley leaves
- 1 tbs extra virgin olive oil

Nutritional information

Per Serve Energy: 471kJ/113 Cals (5%), Protein: 4g (8%), Fat: 6g (9%), Sat fat: 1g (4%), Carb: 9g (3%), Sugar: 8g (9%), Fibre: 7g (23%), Sodium: 419mg (21%)

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Heat a barbecue grill or chargrill on high. Spray eggplant with olive oil spray. Sprinkle both sides with the Cajun seasoning. Cook eggplant, in 2 batches, for 2-3 mins each side or until tender.

2. Step 2

Arrange the eggplant on a platter and top with tomato and parsley. Drizzle with olive oil. Season.