

# Honey and harissa roasted aubergine with lentil salad



 10 min.  376 kcal  SteviaSweet Honey

## Preparation

Preheat the oven to 175 °C.

Cut the aubergine in half lengthways. Score a lattice into the cut sides and place the aubergine halves on a baking tray lined with baking paper. Press the garlic and mix with the harissa, [SteviaSweet HoneySweet](#), olive oil and salt. Rub the mixture into the cut sides of the aubergine. Bake the aubergine in the oven for around an hour.

Bring 300 ml of water to the boil in a pan and add the lentils. Cook for around 15-20 minutes. Once cooked, rinse the lentils under cold water, drain well and place in a bowl. Add the ingredients for the marinade and mix well. Leave the salad to steep until the aubergines are ready. Mix the spinach and herbs into the lentils before serving.

## Ingredients for 2 servings

### Aubergine

1 (400 g)	large aubergine
1	clove of garlic
1 tsp	harissa
2 tsp	<a href="#">SteviaSweet Honey</a>
2 tsp	olive oil
1/2 tsp	salt

### lentil salad

80 g	black beluga lentils
300 ml	water
30 g	fresh spinach
	flat-leaf parsley
	mint leaves

### Marinade

2 tbsp	olive oil
2 tbsp	balsamic vinegar
1 tsp	<a href="#">SteviaSweet Honey</a>
1/2 tsp	salt

### Serve with

Natural yoghurt

## Nutritional information per portion

376	kcal
1581	kJ

12.5	g Protein
34	g Carbohydrates
21	g Fat