

Aubergine bell pepper spread

Ingredients required for 4 persons

Preparation time 45 minutes

Difficulty medium

Ingredients

- 2 red bell peppers
- 1 aubergine
- 2 cloves of garlic
- 150 g sheep or goat cheese
- 1 spring onion
- 1 EL lemon juice
- 1 TL red palm oil
- 1 TL sea salt
- 1 TL Ras el Hanout coconut spice oil
- 3 TL argan oil virgin



Preparation

Cut aubergine in half and cook along with the bell peppers in the oven at 220 °C fan for 25 to 30 minutes. Scoop out the pulp of the aubergine and place in a bowl. Peel the skin of the bell peppers and remove the seeds. Add peppers and peeled garlic to the bowl and blend until smooth. Mix with red palm oil, argan oil and Harissa coconut spice oil. Stir in lemon juice. Allow the spread to cool, add crumbled sheep or goat cheese and finely chopped spring onion. Serve well chilled.