

Delicious Aubergines

Serves 4

Ingredients :

- 4 aubergines
- 1 onion
- 1/2 cup of parsley finely chopped
- 3 garlic cloves
- 1/4 cup of dry white wine
- 1 tablespoon tomato sauce
- 2 tablespoons of olive oil
- coarse salt
- salt and pepper

Cut the aubergines and let them sweat in coarse salt for 30 minutes. Rinse and dry well.

Meanwhile, finely slice the onion and crush the garlic cloves.

Fry the garlic in hot olive oil. Add the aubergines and sliced onion, half of the parsley, the tomato sauce and the wine. Add salt and pepper. Cover and cook for 15 minutes, stirring occasionally.

Transfer to a serving dish. Sprinkle with remaining parsley.

Top tip :

Garnish with sticks of crispy vegetables (carrots, peppers, celery, etc.).