KIKKOMAN

Roasted aubergine and ricotta spread

Total time **35 mins** **5 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
774 kJ / 185 kcal

Fat: **9.3 g** Protein: **8.2 g**
Carbohydrates: **21.2 g**

INGREDIENTS

3 portion(s)

400 g	aubergine
100 g	ricotta
20 ml	olive oil
60 g	sun-dried tomatoes
30 ml	Kikkoman Naturally Brewed Soy Sauce
20 g	wholegrain mustard
	Juice of ½ lemon
	Fresh dill for garnish

PREPARATION

Step 1

Wash the aubergine, cut it in half lengthwise and score the flesh. Drizzle with the olive oil and bake in a preheated oven at 180 °C for about 30-40 minutes.

Step 2

Allow the baked aubergine to cool, peel off the skin and finely chop the flesh.

Step 3

Combine the aubergine flesh with the ricotta, wholegrain mustard and chopped sun-dried tomatoes.

Step 4

Season with the Kikkoman Soy Sauce and lemon juice, then mix into a smooth spread. Garnish with the fresh dill and serve with crispy toast.