

EGGPLANT, FETA & MINT SALAD

Ingredients

2 medium Clara Eggplant
1 teaspoon Salt
3 small Peppers- 1 red, 1 green, 1 white or purple if possible
1 small Onion, about ½ Cup diced
3 ounces Feta Cheese
¼ Cup fresh Mint leaves, loosely packed
2 Tablespoons Vinolio Creta Honey-Balsamic Vinegar
4 Tablespoons Olive Oil

Directions

Peel and dice Eggplant into ¼ inch pieces and place in a colander with a teaspoon of Salt to drain out excess moisture for 30 minutes- this also will prevent the Eggplant from soaking up too much Oil whilst cooking.

Meanwhile, cut Onion and Peppers into ¼ inch dice and sauté over medium heat with a Tablespoon of Oil until tender but not too soft- I add the Onion first and cook for a minute before adding the Peppers. Transfer into a mixing bowl.

When ready, use a paper towel to dry off the Eggplant briefly.

Heat another Tablespoon of Oil over medium-high heat and add the Eggplant in batches to fry on all sides for about a minute- make sure there is some nice color on the pieces but do not overcook so that it is soft!

Repeat for remaining Eggplant.

Slice Mint finely and combine in mixing bowl with Peppers, Onion, Eggplant and Honey-Balsamic Vinegar, then sprinkle over Feta cheese to serve.