SPANISH · SIDE · SNACK

Spanish Garlic Eggplant

Berenjenas al ajillo

50 min · Serves 4 · 133 kcal a serve · Video 7:17 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Under 6 g net carbs and 4.5 g fibre a serve: salted eggplant rounds seared in a little olive oil and topped with a quick-fried garlic and parsley paste and smoked paprika. No flour or frying in deep oil.

Diet notes: Keto (5.6 g net carbs a serve); Low saturated fat (1.4 g, 9% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 6 · SERVES 4

- [ ] 1 large **eggplant**, sliced into 1 cm rounds
- [ ] **Salt**: sea salt (for salting the slices and a pinch for the garlic) and black pepper
- [ ] 6 **garlic** cloves, roughly chopped
- [ ] 15 g finely chopped **fresh parsley**
- [ ] 3 tbsp (45 ml) extra **virgin olive oil**
- [ ] ½ tsp **sweet smoked Spanish paprika**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the eggplant into rounds about 1 cm thick, salt both sides and leave them in a colander for 30 minutes so the salt draws out the water. 1:09
2. Meanwhile pound the garlic and parsley with a little salt in a mortar to a paste. 2:09
3. Lay the eggplant on paper towels, pat it completely dry and season one side with pepper (no more salt). 2:55
4. Heat a nonstick grill pan or frying pan over medium-high for about 4 minutes, add 1 tbsp olive oil and cook the eggplant in batches, about 2½ minutes a side, until charred and cooked through. 3:15
5. Lower the heat, add 1 tbsp oil and the garlic paste and stir 20–30 seconds, just until fragrant. Spread it over the eggplant and finish with paprika. Serve at room temperature or warm. 4:43

> **Tip** Salting the slices for 30 minutes is what keeps them firm instead of mushy, so don't skip it.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
133 kcal	1.8 g	10 g	4.5 g	10 g	390 mg
560 kJ	4% of a day	5.6 g net · 4.9 g sugars	16% of a day	1.4 g saturated	17% of a day
		4% of a day		13% of a day	

Energy from net carbs 19% · protein 6% · fat 75% — fits keto: 5.6 g net carbs, 75% of the energy from fat

High in (20%+ of a day) Vitamin K 64%

Source of (10–19%) Vitamin E 13% · Vitamin C 11% · Vitamin B6 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=agoz7gGlUic. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/berenjenas-al-ajillo