

SEARED AUBERGINE WITH SUMMER FRUITS



Ingredients (For 2 people)

- 1 aubergine
- Olive oil
- Salt and pepper
- For the dressing:
- 2 tbsp liquid honey
- Juice of half a lemon
- Olive oil
- For the topping:
- 1 lime
- 6 strawberries
- 6 raspberries
- 6 mulberries
- 1 handful of blueberries
- 1 bunch of redcurrants
- 1 fresh onion
- 30 g de kasha (toasted buckwheat)
- 1 sprig of dill
- Fleur de sel

Preparation:

Wash the aubergine and cut it in half lengthwise. Make an incision in the aubergine using a sharp knife and quarter it without going through the skin.

Brush with olive oil and season with salt and pepper. Place on the griddle and sear for 35 to 45 minutes depending on the size of the aubergine. Turn over regularly.

When the cooking process is complete, remove the flesh using a soup spoon.

Prepare the dressing by combining the honey, lemon juice and olive oil.

Wash the red berries. Cut the strawberries, raspberries and mulberries in half. Remove the redcurrants and cut the onion into strips.

Arrange the aubergine on a plate. Garnish with red berries, lime quarters and fresh onion. Sprinkle with kasha, sprigs of dill and fleur de sel.

Add the dressing and serve immediately.

