

air fryer eggplant with tahini sauce and plum salsa

Makes 4 servings

RECIPE ADAPTED FROM: [Vegetarian Ventures](#)

PREP TIME: 15 minutes

COOK TIME: 12 minutes

For the Eggplant

1 large eggplant (about 1lb)

½ tsp salt

1 Tbsp avocado oil

1 tsp each Italian seasoning

1 tsp garlic powder

1 tsp paprika

For the Plum Salsa

4 ripe plums

1 Tbsp lemon juice

1 garlic clove, minced

1 tsp fresh grated ginger (can also use dried)

1 tsp honey

salt and pepper, to taste

For the Tahini Sauce

½ cup plain Greek yogurt

2 Tbsp tahini

1 garlic clove, minced

2 tsp lemon juice

salt and pepper, to taste

CUT eggplant into 1-inch cubes.

LINE a sheet pan with paper towels or clean kitchen towels. Place eggplant on top and sprinkle with salt, ensuring all sides are evenly seasoned. Let rest for 15 minutes.

WHILE eggplant is resting, make the salsa and sauce.

FOR THE PLUM SALSA

DICE plums and stir together with lemon juice, garlic, ginger and honey. Season with salt and pepper and, if desired, more lemon juice. Set aside.

FOR THE TAHINI SAUCE

WHISK all ingredients and season with salt and pepper. Set aside.

FOR THE EGGPLANT

PREHEAT air fryer to 400°F.

USING a clean towel, pat the surface of the eggplant dry to absorb the excess moisture.

PLACE eggplant cubes in a bowl and drizzle with avocado oil, tossing until combined.

ADD seasonings, tossing until combined.

PLACE eggplant in an even layer in air fryer. Do not overcrowd the pan/basket. If needed, cook in two batches to ensure even frying.

COOK for approximately 12 minutes or until eggplant is tender, flipping/stirring halfway through.

TOP with plum salsa and a dollop of tahini sauce. Serve warm.

