Roasted Eggplant Steaks with Creamy Tahini Sauce

Hearty roasted eggplant slices topped with rich, tangy tahini sauce—an easy low-carb meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 30 minutes

Ingredients

- 1 large eggplant (about 1 lb)
- 2 tbsp olive oil
- Salt and pepper to taste
- 3 tbsp tahini
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 2 tbsp water
- 1/4 tsp smoked paprika
- Fresh parsley for garnish (optional)

Instructions

1. Preheat oven to 425°F.
2. Slice eggplant into 1/2-inch thick rounds and lay on a baking sheet.
3. Brush both sides with olive oil and season with salt and pepper.
4. Roast eggplant for 20 minutes, flipping halfway through until golden and tender.
5. Meanwhile, mix tahini, lemon juice, garlic, water, smoked paprika, and a pinch of salt in a bowl until smooth and creamy. Add water to reach desired consistency.
6. Plate roasted eggplant slices and generously drizzle with tahini sauce.
7. Garnish with fresh parsley if desired and serve warm.

powered by dishgen