



Tomato Baba Ghanoush Dip

28 Sep 2020 10 Min

Details

Tomato Baba Ghnoush Dip is a tasty dip that goes with any dish and is loaded with Vitamins C, Potassium, Antioxidant.

Ingredients



10 MI(10.0 ml) Water



1 Tbsp(11.0 gm) White Til



1/2 Tbsp(7.0 gm) Nestlé A+ Curd



1 Tsp(2.0 ml) Olive Oil



1/4 Powder Tsp(0.75 gm) Black Pepper



1 Tsp(4.0 ml) Lemon Juice



1 Medium(79.0 gm) Tomato



2 Chopped Tbsp(3.0 gm) Parsley



1/8 Grated Tsp(0.5 gm) Garlic



1/4 Tsp(1.0 gm) Salt

Method (Step-By-Step)

- In a mixing bowl add roasted mashed tomato, 1/8th tsp grated garlic, 1/4th tsp salt, 1/4th tsp black pepper powder, 1 tsp lemon juice, prepared sesame seed paste (tahini), 1/2 tbsp Nestlé A+ Curd, 1 tsp olive oil, 2 tbsp chopped parsley and mix it well.
- Serve.