

# JOHAN'S MABEL

## GLOBAL KITCHEN – RECIPE CARD

VOLUNTEER CHEFS FROM THE REFUGEE & ASYLUM SEEKER COMMUNITY SHARE  
HOME COUNTRY RECIPES AND COOKING SKILLS WITH THEIR LOCAL COMMUNITY –  
PROMOTING UNITY AND NEW FRIENDSHIPS THROUGH FOOD



# JOHAN'S MABEL

A SYRIAN YOGURT-BASED DIP

## INGREDIENTS

(SERVES 6-8 PEOPLE)

2 AUBERGINES

3 CLOVES OF GARLIC

200G (HALF A LARGE POT) FULL FAT GREEK YOGURT

HANDFUL OF FRESH PARSLEY

SALT AND PEPPER (TO TASTE)

## METHOD

1. DICE THE AUBERGINES INTO SMALL CUBES AND FRY IN OLIVE OIL UNTIL COOKED THROUGH
2. CRUSH THE GARLIC CLOVES AND FINELY CHOP THE PARSLEY
3. MIX THE GARLIC AND PARSLEY INTO THE GREEK YOGURT
4. STIR THE YOGURT MIXTURE INTO THE COOKED AUBERGINE
5. ADD SALT AND PEPPER TO TASTE

## TO GARNISH:

CREATE FLOWERS WITH PEELED SLICES OF TOMATO AND SOME PARSLEY LEAVES

DRIZZLE WITH OLIVE OIL AND FINISH OFF WITH CHOPPED PARSLEY

SERVE WITH SYRIAN BREAD, OR PITA