

AIR-FRIED EGGPLANT RAITA

(adapted from [The Flavor Equation](#))

1 large eggplant
1 Tbsp extra-virgin olive oil
kosher salt
1 Serrano pepper, de-seeded, minced
2 Tbsp chopped cilantro
2 Tbsp chopped mint
1/2 tsp freshly ground black pepper
1/3 cup Greek yogurt (adjust according to your preference)
1 tablespoon fresh lime juice
1 Tbsp grapeseed oil
1/2 tsp black mustard seeds
1/2 tsp Nigella seeds
1/2 tsp Aleppo pepper

Cut the eggplant in half lengthwise. Brush the cut surfaces with the olive oil and arrange them in the air-fryer, cut side up. Air-fry until golden brown and soft, about 25 minutes at 390F (or the highest temperature of your fryer). Remove from the heat, cover with aluminum foil, and let cool completely.

Remove the flesh, place in a bowl and season lightly with salt. Add the Serrano pepper, cilantro, mint, and black pepper. Add the yogurt and lemon juice, and whisk well to combine. If you want it fully smooth, use an immersion blender, but I prefer to have some texture so I just used a spoon. Adjust seasoning with salt.

Make the toasted spices: heat the grapeseed oil over medium-high heat. Once the oil is hot, add the mustard and Nigella seeds and fry for 30 to 45 seconds. Remove from the heat. Add the Aleppo pepper and gently mix. Pour the hot oil with the spices over the raita and serve.