

Millet salad with tofu, zucchini & grilled eggplants



Serves  

Ingredients

150 g of millet
150 g of firm tofu
150 g of zucchini
1 small eggplant
1/2 red pepper
1 piece of onion
1/2 clove garlic
2 tablespoons tomato paste
1 bunch of marjoram
extra virgin olive oil
salt

Method

Wash and clean zucchini and eggplant, diced tofu. Slice the eggplant vertically, put the slices in layers in a colander and between each layer and the other put a handful of salt, place on the eggplants a plate with a weight on top to make the water leak and let rest for about twenty minutes, then remove the salt and squeeze the eggplant, at this point grill on both sides. Cook the millet in salted water, drain and keep aside. In a pan, lightly fry onion and garlic with 3 tablespoons olive oil, tomato sauce, zucchini cutted in julienne strips, add tofu and continue cooking over low heat. Add millet and red hot pepper, to which you have removed the seeds, cutted into rounds and then cook for another few minutes. Add the marjoram leaves, grilled eggplant cutted into strips, put in a bowl and let cool. Serve at room temperature