

Miso & chilli-glazed roasted eggplant

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Preparation 15 mins | Cooking 30 mins | Serves 2-4

This delicious Japanese-style eggplant dish can be served as a side dish or accompanied with rice or soba noodles for a light meal.

- 2 (about 350g each) plump eggplants
- ¼ cup white miso (Shiro) paste
- 2 small red chillies, deseeded and finely chopped
- ¼ cup mirin
- 1 tbs caster sugar
- 2 tbs vegetable, rice bran or grape seed oil

To serve:

- Micro-herbs (like red shiso)
- Shredded green onion (shallot) & toasted sesame seeds, to serve

STEP 1 Preheat oven to 200°C fan-forced. Halve eggplants lengthways. Using a small sharp knife, score the eggplant flesh into a honeycomb pattern (do not cut through the skin). Place miso, chillies, mirin and sugar in a small bowl. Whisk to combine. Set aside.

STEP 2 Heat oil in a large non-stick heatproof frying pan over medium heat. Place eggplants flesh-side down into pan. Cook for 2-3 minutes until golden. Transfer eggplants flesh-side up onto a baking tray lined with baking paper.

STEP 3 Spoon miso mixture over eggplants. Roast for 25-30 minutes or until flesh is tender. Sprinkle with micro-herbs, green onions and sesame seeds and serve.

Good for you... **EGGPLANT**

A good source of dietary fibre, which contributes to normal bowel function. A good source of vitamin B6 that plays a role in hundreds of biochemical reactions in the body, including contributing to energy metabolism. The purple skin is a rich source of antioxidants.

