

MISO AUBERGINE



QUICK

10-15 mins prep
but you'll have time to
do other things whilst
the aubergine browns

HEALTHY

Aubergine is a
high fibre, low
calorie vegetable

FAMILY

Feeds 4-5 as a
side dish

MEALS

Serve as a
side dish

INGREDIENTS

- 2 aubergines
- 2-3 tbs oil
- 2 garlic cloves
- 1 heaped tbs white miso paste
- 2 spring onions
- 1 tbs sesame seeds plus a few extra
- 2 tbs soy sauce
- 2 tbs Chinese rice vinegar
- 1 tbs mirin
- Salt and Pepper

METHOD

- 1) Heat 2 tbs oil in a large frying pan
- 2) Dice one of your aubergines into 1cm squares
- 3) When hot, add the aubergine and mix well.
- 4) Whilst that one is cooking, repeat with the other one
- 5) Leave to cook on a high heat – stirring occasionally – it will probably need an extra tbs oil
- 6) In a measuring jug, dissolve the miso paste in 100ml boiling water
- 7) Add the soy, mirin and rice vinegar
- 8) Slice the spring onions and mince the garlic
- 9) When your aubergine is browned (approx. 10 mins) add your garlic and cook for 1 minute
- 10) Add liquid and keep stirring until the liquid evaporates – approx. 1 minute
- 11) Mix in sesame seeds
- 12) Serve sprinkled with the spring onion and a few extra sesame seeds



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