

Grilled Eggplant with Miso Dressing



Ingredients

Serves 4-6 as a side

15- 20 (or 1 kg) Thin Asian Eggplants- cut lengthways

½ bunch spring onions

Lots of Basil or Thai coriander

¼ cup black sesame seeds / chopped cashews

Dressing

4 Tablespoons rice wine vinegar

3 Tablespoon red miso paste (to taste)

2-3 finely chopped red chili

2 Tablespoon local honey (runny)

4 Tablespoon sesame oil

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WHAT TO DO

- **Make the dressing-** finely chop the chili, whisk the miso paste, rice wine vinegar, honey and sesame oil
 - **Chop the herbs and put half in the mix, set half aside**

 - **Cut the eggplants long ways and salt them, marinate them with the dressing for 10- 15 minutes or even longer**
 - **Pull them out with tongs and shake off excess marinate.**
 - **Cook them in a grill pan in batches, turn them so each side has char marks of the pan and they are cooked through**
 - **Put them in a bowl, cover with left over dressing and top with extra herbs**
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- **This makes a beautiful main or side dish all year around**
 - **Get the above fresh ingredients from your garden or market**
 - **Eggplants and chilies grow all year round**