

JAVANESE EGGPLANT



Ingredients

Serves 4-6 as a side

10 Thin Asian Eggplants- cut lengthways
1-2 zucchinis, ends trims cut length ways
½ bunch spring onions
Lots of chopped mint, Thai Basil
¼ cup chopped peanuts/ cashews

Dressing

3 Tablespoons lime juice
2 Tablespoon fish sauce
1 finely chopped red chili
1 Tablespoon palm sugar

Javanese Eggplant cont.

WHAT TO DO

- Cut the eggplants long ways and brush them with sesame oil
- Cook them in a grill pan in batches, turn them so each side has char marks of the pan and they are cooked through
- **Make the dressing**- finely chop the chilli, whisk le juice, fish sauce, grated palm sugar and sesame oil
- Toss the dressing on the cooled eggplants
- Chop the herbs and sprinkle on top or mix in

- This makes a beautiful main or side dish all year around
- Get the above fresh ingredients from your garden or market
- Eggplants and chillies grow all year round
- To make it truly vegetarian replace the fish sauce, with vegetarian fish sauce or a little less soy sauce or tamari