



BAKED MISO EGGPLANT WITH ASIAN SLAW

Ingredients:

Eggplant x 1 (med to large if serving as a main meal)
2 tablespoons sesame oil
1 tablespoon miso paste
1 tablespoon tamari (or soy sauce)
1 teaspoon vinegar (I used balsamic as was all that I had in cupboard)
½ tablespoon stevia

Asian Slaw:

Handful red cabbage finely sliced
Handful white cabbage finely sliced
½ red capsicum finely sliced
½ red onion finely sliced
Handful of chopped coriander (taste to your liking)
Dash of sesame oil and tamari to taste to your liking
Handful of chopped nuts (almonds, cashews or peanuts)

Heat oven to 200° - meanwhile in a bowl mix miso, vinegar, tamari, 1 tablespoon sesame oil and stevia and make a smooth paste (or I like to taste everything and wanted it a little sweeter so added more sesame oil and stevia....taste and add more of what you like to your tasting).

Halve the eggplant – and score the flesh by cutting the surface in a cross pattern (but not through to the skin) – brush with the remaining sesame oil and if you like sprinkle some sea salt – pop into oven in a baking dish for 15-20 minutes – remove from oven and brush the roasted eggplant with the miso mixture – return to oven for a further 10 minutes or until the flesh is soft and miso mixture has caramelised or browned to your liking.

Whilst eggplant is baking mix all your Asian slaw ingredients together in a bowl (except the crushed nuts).

Remove eggplant from oven, plate up and top with a handful of the Asian slaw and a sprinkle of crushed nuts!

Serve as a main, or you could ditch the Asian slaw and service with some brown rice and Asian greens!