

## Roasted Miso Eggplant

*Source* Adam Liaw <https://www.naturalhealthmag.com.au/nourish/miso-roasted-eggplant>

*From the garden* eggplant, spring onions, chives

<b>Equipment</b> 1 large bowl 2 small bowls tea towel Baking tray lined with baking paper chopping board knives – 1 small, 1 large tablespoon whisk serving plate	6 medium white eggplants, cut into 2cm cubes 4 tbsp olive oil Sea salt, to taste 4 spring onions, thinly sliced, to serve 1 tblsp toasted sesame seeds to serve  <b>Miso dressing</b> 3 tbsp white or red miso 1 tbsp sugar 2 tbsp mirin 4 tbsp water
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### What to do

Heat the oven to 200°C (fan-forced).

Cut the eggplant into 2cm slices then into 2cm cubes

Toss the eggplant in the olive oil and season with a little salt.

Place on a baking tray lined with baking paper and roast for 20 minutes, or until the eggplant is slightly browned.

### Make the Miso Dressing

Measure out and mix together the miso dressing ingredients.

Pour the dressing over the roasted eggplant, tossing it on the tray to coat well. Continue to roast for a further five to 10 minutes, or until the miso sauce starts to caramelise.

Wash and dry the spring onions. Thinly slice the spring onions on an angle.

Toast sesame seeds in frying pan. Put into small bowl.

Remove the eggplant from the oven, transfer to a serving plate., Scatter with spring onion and toasted sesame seeds.

Serve and ENJOY!