HOT & BOLD

Sticky Miso Aubergine

PREP	COOK	SERVES
10 min	40 min	4 as a side

Vegan Vegetarian

Roasted aubergine halves glazed with a sweet, salty miso and maple sauce and sprinkled with sesame and spring onion.

Ingredients

- 2 large aubergines, halved lengthways
- 2 tbsp oil

Glaze

- 3 tbsp white miso paste
- 2 tbsp maple syrup
- 1 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 tsp grated fresh ginger

To serve

- 1 tbsp toasted sesame seeds
- 2 spring onions, sliced

Method

1. Heat the oven to 200 C. Score the cut side of each aubergine half in a diamond pattern and brush with oil.
2. Roast cut-side down for 25 to 30 minutes until very soft.
3. Whisk the glaze ingredients together in a small bowl.
4. Turn the aubergine over, spread the glaze on the cut sides and grill or roast for 5 to 8 minutes until bubbling and caramelised.
5. Scatter with sesame seeds and spring onions.

Cook's tip

Watch the aubergine closely under the grill. The sugar in the glaze goes from caramelised to burnt within a minute.