KIKKOMAN

Miso and Honey Roast Aubergine

Total time **40 mins** **40 mins** preparation time

Nutritional facts (per portion):
624 kJ / 149 kcal

INGREDIENTS

2 portion(s)

2	medium aubergines
4 tsp	white miso paste
2 tsp	runny honey
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	Kikkoman Toasted Sesame Oil
1 piece	root ginger, peeled and grated
1	clove garlic, peeled and crushed
4	spring onions, shredded
2 tsp	sesame seeds

PREPARATION

Step 1

Preheat the oven to 180°C. Slice the aubergines in half lengthways and score the flesh in a diamond pattern, taking care not to cut through the skin. Line a baking sheet with greaseproof paper and lay the aubergines on top, cut sides up.

Step 2

Mix the miso, honey, soy sauce, sesame oil, ginger and garlic with 2-3 tablespoons of water to make a smooth paste. Brush over the aubergine flesh and roast for 35-45 minutes until golden brown and soft. Sprinkle with the spring onions and sesame seeds and serve.