

Miso Glazed Eggplant with Fig, Asparagus and Orange Salad

Mains (4 serve)

Ingredients:

- 4 Japanese eggplants
- 200g firm tofu
- 1/3c mirin
- 2 Tbsp miso
- 1 Orange – cut into segments.
- 2 figs – cut into quarters.
- 16 asparagus spears, woody ends trimmed.
- 2 tbsp olive oil
- Salt
- Pepper

Method:

1. Mix the mirin and miso in a small bowl to make a mixture and keep aside.
2. Cut the tofu into 4 even slices lengthways and marinate with the miso paste and sear it on the grill.
3. Blanch the asparagus until tender.
4. Cut each eggplant in half lengthways. Score the flesh of the eggplant and sear it on a hot pan until it gets colour.
5. Glaze the eggplant and tofu with the miso mixture. Cook the eggplant and tofu in the oven for 10 minutes at 180C.

To serve

Place the tofu on the plate with the eggplant on top. Arrange the orange, figs, and asparagus next to the eggplant. Serve with a drizzle of olive oil.