

Julia's Miso Eggplant Rice Bowls



Ingredients

Serves 4

- 1 kg eggplant (approximately two medium)
- Vegetable oil, for frying
- 2 spring onions, finely sliced, plus more to serve
- Steamed short grain rice, such as Koshikahari, to serve

Miso Sauce

- 2 tbsp miso paste
- 4 tbsp mirin
- 1 tbsp sake
- 1 tbsp rice vinegar
- Salt and white pepper, to taste

Blanched Spinach

- 1 bunch english spinach
- 1 tbsp soy sauce
- 2 tsp toasted white sesame seeds, plus extra to serve

Method

Combine all of the ingredients for the miso sauce in a small bowl. Set aside

Trim the spinach then blanch for 1-2 minutes, or until just cooked. Drain and refresh in iced water. Squeeze any excess water and arrange onto a plate. Season with the soy sauce and sprinkle over the sesame seeds. Set aside.

Cut the eggplant into 5 cm lengths, around 1.5cm thick. Heat a few tablespoons of oil in a wok over a medium heat and cook the eggplant

in batches, until tender, around 6-7 minutes, turning occasionally. You may need to use more oil as the eggplant cooks, so ensure to add more if needed. Return all of the eggplant back into the wok, increase the heat to medium-high and pour over the miso mixture. Cook for a further 1-2 minutes or until the eggplant is very tender and the miso sauce has thickened. Top with the spring onions.

Divide the rice amongst bowls, top with some of the eggplant, blanched spinach, some more spring onions and sesame seeds and serve.