

WALNUT MISO FILLED EGGPLANT

Prep + cook time: 50 minutes Serves: 4

Ingredients

MISO FILLED EGGPLANT

- 4 Lebanese eggplants (370g)
- 2 tablespoons olive oil
- ½ cup (60g) finely chopped walnuts
- ½ cup (85g) cooked brown basmati rice
- 2 green onions (scallions), sliced thinly
- 1 clove garlic, crushed
- 1 tablespoon white miso paste
- 2 teaspoons light soy sauce
- 2 teaspoons mirin

RADISH SALAD

- 2 Lebanese cucumbers (260g), sliced thinly lengthways
- 250g (8 ounces) red radishes, trimmed, sliced thinly
- 2 green onions (scallions), sliced thinly lengthways
- 2 tablespoons rice vinegar
- 2 teaspoons light soy sauce
- ¼ teaspoon sesame oil

1. Preheat oven to 180°C/350°F. Line an oven tray with baking paper.
2. Cut eggplants in half lengthways. Score a 5mm (¼-inch) border with a small knife. Spoon out flesh leaving a shell. Coarsely chop flesh. Place eggplant shells on tray.
3. Heat oil in a non-stick large frying pan over high heat; cook chopped eggplant, walnuts, rice, green onion and garlic, stirring, for 5 minutes or until eggplant is tender. Add miso, sauce and mirin; cook, stirring, for 30 seconds or until eggplant is coated. Spoon mixture into eggplant shells.
4. Bake filled eggplant for 25 minutes or until golden and tender.
5. Meanwhile make radish salad.
6. Serve filled eggplant topped with radish salad.
7. **RADISH SALAD** Place ingredients in a medium bowl; toss gently to combine.

Tips

You can fill eggplants ahead of time; store, covered in the refrigerator until required. Bake just before serving.

