



Sticky Asian Eggplant



DIFFICULTY: EASY



PREPARATION TIME: 5 MINS



COOKING TIME: 18 MINS



SERVES: 4-6 AS A SIDE

Ingredients

2 medium eggplant, approximately 350g each

2 tbsps soy sauce

2 tbsps honey

2 tsps rice wine vinegar

2 tsps sesame oil

¼ tsp dried chilli flakes

1 clove garlic, finely chopped

2 tsps finely chopped ginger

2 tsps sesame seeds

Steamed rice to serve

Method

Line the universal tray with baking paper. Halve the eggplants lengthwise and lightly score the flesh. Place onto the tray skin side down.

Combine the remaining ingredients, except the sesame seeds in a bowl and brush over the eggplants. Sprinkle with the sesame seeds.

Place on shelf position 1 and set the oven on Microwave Combination. Select CircoRoasting at 210°C with 360w Microwave. Cook for 17 to 18 minutes or until tender. (This recipe may be cooked in a Microwave Combi Oven to save cooking time, see notes below).

Serve with steamed rice.

Notes

Microwave Combi Oven Method:

Prepare as above then place on shelf position 1.

Set the oven on microwave combination. Select CircoRoast at 210°C with 360W for 15 minutes or until golden and tender.