

Aubergines with miso, yoghurt, and red pickled onion

COOKING
LOVERS



Consejo del chef

Finish with some mint leaves, coriander, and pine nuts.

Raciones para 2

- 1 Red onion
- 4 Limes
- 6 Tablespoons Apple cider vinegar
- 2 Teaspoons Salt
- 2 Aubergines
- 2 Tablespoons Miso paste
- 2 Tablespoons Soy sauce
- 2 Tablespoons Brown sugar
- 4 Tablespoons Mirin
- 4 Tablespoons Olive oil
- 6 Tablespoons Greek yoghurt
- 2 gr Parsley
- 1/2 Clove of garlic
- Salt
- Pepper
- Coriander
- Mint
- Pine nuts

- 1 For the red pickled onion, chop the onion finely and place it in a glass jar with lime juice from 3 limes, 4 tablespoons of vinegar, sugar, and 2 teaspoons of salt.
- 2 Put the lid on, shake it, and set it aside for at least 30 minutes.
- 3 For the aubergine, preheat the oven to 220°C and mix in a bowl the miso, soy sauce, 2 tablespoons of apple cider vinegar, brown sugar, mirin, and oil.
- 4 Cut the aubergine into six lengthwise wedges, place them on an oven tray and sprinkle with the previous marinade.
- 5 Cook in the oven for 30-40 minutes, or until brown, then remove and set aside to cool.
- 6 In another bowl, prepare the yoghurt sauce by combining it with chopped parsley and garlic, lime, salt, and pepper.
- 7 To serve, arrange the cool aubergine wedges with some tablespoons of yoghurt sauce and some pickled onion.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/berenjenas-con-miso-salsa-de-yogur-y-cebolla-encurtida/>

