Aubergines with miso, yoghurt, and red pickled onion



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 auberginea, 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/