

Japanese salad with eggplant (vegan)

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Looking for healthy salad ideas? We love this Japanese salad with eggplant, buckwheat noodles, edamame and fresh wasabi.

Ingredients (serves4)

- 1 large [eggplant](#)
- 3 tbsp miso paste
- 1 tbsp rice bran oil
- 100g buckwheat soba noodles
- 1 cup enoki mushrooms
- 2 tbsp sesame oil
- 2 tbsp organic tamari
- 1 bunch broccolini
- 1/3 cup frozen edamame
- Fresh wasabi, pickled ginger and extra tamari to serve

Method

Cut the eggplant into five to six wedges length-wise. Then rub the eggplant wedges with two tablespoons of the miso paste and the rice bran oil then place on an oven tray lined with baking

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paper. Cook the eggplant for 20 to 30 minutes until golden and soft, flipping the eggplant wedges over halfway in between.

In a pot of boiling water, cook the soba noodles for five to 10 minutes until just al dente, strain, rinse and set aside in a bowl of cold water to prevent the noodles from cooking further and sticking together.

Cut off the ends of the enoki mushrooms and wash thoroughly. Place in a fry pan with the sesame oil and cook for two minutes. Add in your remaining miso paste, tamari and broccolini. Add in the edamame and cook for a further two minutes. Then add in the soba noodles, coating in the tamari/miso sauce and turn off from the heat (broccolini and edamame should still have a slight crunch and be vibrant in colour).

Recipe from Kate Bradley, www.kenkokitchen.com; Photo credit: Elisa Watson

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