

Japanese salad with eggplant (vegan)

Search:

- [Salad](#)
- [Recipes](#)

Japanese salad with eggplant (vegan)

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Japanese salad with eggplant (vegan)



Rate this recipe

4 people are cooking this [Count me in](#)

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

Japanese salad with eggplant (vegan)

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

```
function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { // $('result').html(data); alert('This recipe was added to your favorites list'); }); }
```