

Griddle-Fried Aubergine with Soy Tahini Dressing

Total time **90 mins 60 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):

820 kJ / 195 kcal

INGREDIENTS

4 portion(s)

2 aubergines

2 tbsp salt2 tbsp olive oil0.5 fennel

0.5 pomegranate**25 g** pistachio nuts

A few mint leaves

For the dressing

1 garlic clove

2 tbsp tahini (sesame paste)2 tbsp Kikkoman Naturally Brewed Soy Sauce

1.5 tsp pale treacle syrup (or:

agave syrup)

1 tbsp lime juice

Freshly ground pepper

Fat: **12.1 g** Protein: **5 g** Carbohydrates: **14 g**

PREPARATION

Step 1

Wash the aubergines, slice lengthways, sprinkle the cut surfaces with salt and leave to rest for approx. 60 minutes. Drain the aubergine slices, dab them dry and fry on both sides for approx. 4-5 minutes in a griddle pan. Arrange the slices on plates and drizzle with olive oil.

Step 2

Remove the top and outside layers of the fennel, wash it, grate it into fine strips and arrange them on top of the aubergines. Remove the pomegranate seeds, combine them with the pistachio nuts and mint leaves and sprinkle over the fennel.

Step 3

To prepare the dressing peel the garlic clove, crush it and combine it with the tahini, soy sauce, syrup and juice. Season with pepper, drizzle over the aubergines and serve.