

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

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

INGREDIENTS

4 portion(s)

2 aubergines
2 tbsp salt
2 tbsp olive oil
0.5 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

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.