

SEARED TERIYAKI AUBERGINES



Ingredients (For 2 people)

- 1 large aubergine
- Olive oil
- Salt and pepper
- For the dressing:
 - 3 tbsp soya sauce
 - 1 tbsp sesame oil
- To serve:
 - 1 handful of mung beans
 - 1 tbsp coarsely ground salted peanuts
 - 2 hot peppers (1 green and 1 red)
 - 2 cm fresh grated ginger
 - Fresh coconut shavings
 - Lemons and limes

Preparation:

Wash the aubergine and cut it in half lengthwise. Make an incision in the aubergine using a sharp knife and quarter it without going through the skin.

Brush with olive oil and season with salt and pepper. Place on the griddle and sear for 35 to 45 minutes depending on the size of the aubergine. Turn over regularly.

When the cooking process is complete, remove the skin using a soup spoon.

Prepare the dressing by mixing the soya sauce with the sesame oil.

Cut the hot peppers into thin strips and cut shavings off the coconut.

Arrange the aubergine on a plate. Sprinkle with mung beans, hot pepper strips and crushed peanuts. Garnish with lemon and lime zests, grated ginger and coconut shavings.

Add the dressing and serve with a bit of pickled ginger and wasabi paste.

