

30 minutes

Serves 4

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Ingredients:

- 5 tsp (25ml) miso paste
- 2 tsp (10ml) honey
- 2 tsp (10ml) sesame oil
- 3cm knob ginger, grated
- ¼ cup (60ml) water
- 2 (250g each) medium brinjals, sliced into 2-3cm chunks
- 90g egg noodles, cooked
- ¼ head each red and green cabbage, shredded
- 1 carrot, peeled and grated
- 3 spring onions, sliced
- ½ packet (75g) bean sprouts
- Handful fresh coriander

Dressing:

- ¼ cup (60ml) soy sauce
- 2 tsp (10ml) sesame oil
- 2 tsp (10ml) sesame seeds
- 2 tsp (10ml) honey
- 1 tsp (5ml) miso paste

Method:

1. Combine miso, honey, sesame oil, ginger and water.
2. Toss brinjal chunks in the mixture and marinate for 15 minutes.
3. Drain, reserving liquid. Place brinjals on a baking tray.
4. Roast at 200°C for 10-15 minutes.

5. Layer noodles, cabbage, carrot, spring onion and bean sprouts in a jar (or salad bowl).
6. Toss brinjals in reserved marinade.
7. Top salad with brinjals and fresh coriander.
8. Whisk dressing ingredients together and pour over salad.

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