

Less than 45 minutes

Serves 4

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Ingredients:

Sauce:

- ½ cup (125ml) medium cream sherry or stock
- ¼ cup (60ml) honey
- ½ cup (125ml) light soy sauce
- 2 tsp (10ml) sesame oil
- 2 star anise
- 4cm knob ginger, peeled and finely sliced
- 2 cloves garlic, sliced
- 4 medium brinjals, halved and scored

For serving:

- Sliced spring onion
- Sliced red chilli
- 1 Tbsp (15ml) sesame oil
- Cooked jasmine rice

Method

#### **GOOD IDEA**

When buying brinjals, choose ones that are firm, glossy and blemish-free.

Store them in the fridge in their packaging or an airtight bag for up to two weeks.

1. Preheat oven to 180°C.
2. Combine sauce ingredients.
3. Place brinjals cut-side down into an ovenproof dish (they should fit quite snugly).
4. Pour over sauce.

5. Roast for 20 minutes, then turn brinjals and roast for 10-15 minutes more or until soft and sticky.
6. Arrange brinjals in serving bowls, drizzle with sauce (from the dish) and top with spring onion and chilli.
7. Sprinkle sesame seeds over rice and serve with brinjals.