



Eggplant teriyaki*

Serving: 1

Veg

Ingredients

- 1 medium eggplant
- 3 tbsp soy sauce
- Oil : 3 tbsp
- 1 tsp ginger paste
- 1/2 tsp garlic paste
- Black pepper powder to taste
- 1 tbsp roasted sesame seeds
- Sweetener 2-3 drops

Preparation Method

- Combine sesame oil, soy sauce, garlic, ginger, pepper powder and sweetener into a saucepan and whisk together over medium heat.
- Bring the sauce to a light simmer, stirring frequently until it begins to thicken slightly. Remove from heat.
- Remove the stems from the eggplants and slice into 1/8 in slices.
- Brush each slice of eggplant with the teriyaki sauce and place on a hot grill
- Sear each side, brushing with more sauce as it caramelizes.
- Garnish with toasted sesame seeds and serve with remaining sauce.