

Promotional feature

Healthy & Hearty

ENJOY THIS DELICIOUS, VITAMIN-RICH DISH - PERFECT FOR WARMING UP WINTER EVENINGS

Baked Aubergine with Miso Satay

SERVES 4

2 aubergines
1 tablespoon olive oil
sea salt

FOR THE MISO SATAY

80g (3oz/½ cup)
pre-soaked cashews
1 tablespoon white miso paste
1 tablespoon tahini paste
1 tablespoon tamarind paste
3 tablespoons tamari soy sauce
1 tablespoon pure maple syrup or coconut nectar
3 tablespoons freshly squeezed orange juice
2.5cm (1in) piece of fresh ginger, peeled
1 large garlic clove, peeled
1 tablespoon olive oil
¼ teaspoon ground coriander
3–4 tablespoons coconut milk (optional)

TO GARNISH

1 tablespoon toasted black and white sesame seeds

1 Preheat the oven to 200°C fan/425°F/ Gas 7.

2 Cut each aubergine in half lengthways. Score across the flesh diagonally one way and then the other to form a diamond pattern (this allows the steam to escape). Drizzle lightly with olive oil, sprinkle with a little sea salt and roast in the oven for 25 minutes until the flesh starts to soften.

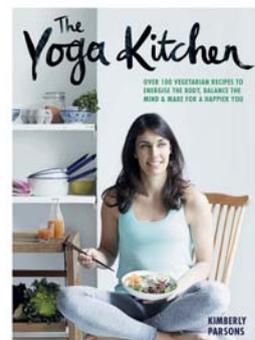
3 While the aubergines are roasting, make the miso satay. Combine all the ingredients with a pinch of salt in a high-speed blender or food processor and process until smooth and thick. Add a little more coconut milk to reach the consistency you desire.



4 Remove the aubergines from the oven, and spread a layer of the satay sauce over the top of each one. Return to the oven and bake for a further 10 minutes or until the aubergines have become quite gooey.

5 For the last few minutes, turn the oven to its grill setting and lightly grill the top to brown a little. Remove from the grill and allow to cool slightly.

6 Sprinkle a few sesame seeds on each aubergine half and serve.



Recipe from
The Yoga Kitchen by
Kimberly Parsons
(Quadrille, £20)
Photography
©Lisa Cohen.
Kimberly lectures
on CNM's
Natural Chef
and Vegan Natural
Chef Diploma Courses at
the College of
Naturopathic Medicine.
naturopathy-uk.com