

A top-down view of a dark grey ceramic bowl with a textured, concentric ring pattern. The bowl is filled with a light-colored, creamy quinoa congee. A large, dark, glossy piece of miso-roasted aubergine is the central focus, garnished with white and black sesame seeds, sliced green spring onions, and a thin slice of red chili. The bowl sits on a light-colored woven bamboo mat.

Miso-roasted aubergine
with quinoa congee &
spring onion

WAYS  WELL

Miso-roasted aubergine with quinoa congee & spring onion

Serves 4 | veggie

INGREDIENTS:

For the aubergine

2 aubergines
1 tbsp white miso
1 tbsp tahini
1 tbsp honey
1 tbsp chilli garlic puree
1 orange, juiced

For the congee

200g white quinoa
Splash of soy sauce
3 spring onions
1 tsp of black & white
sesame seeds

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METHOD:

1. For the aubergine, start by making the marinade. Mix together miso, tahini, chilli garlic puree, honey and the juice from the orange.
2. Halve the aubergine lengthways and roughly criss-cross the flesh to allow the marinade to infuse. Rub the flesh side with the marinade and set aside for an hour.
3. For the congee, put the quinoa in suitable size pan with 1 litre of water. Bring to the boil then reduce to a gentle simmer. Leave uncovered and cook for approx. 25 minutes stirring frequently to prevent it sticking and until a porridge like consistency is achieved (you may need to add a little more water).
4. Preheat an oven to 220°C .
5. Meanwhile place the aubergines on a baking tray in a hot oven, 220°C is ideal and roast until well caramelised, around 20 minutes. Whilst your aubergines are roasting finely slice the spring onions.
6. Serve a portion of the quinoa, dressed with a little of the soy sauce and topped with the roasted half aubergine. Finish with the spring onion and sesame seeds.