

Soba Noodles with Roasted Eggplant

From – *eating well.com*

1 medium eggplant (1 lb)
2 Tbsp sesame seeds
8 oz soba noodles
1 tsp plus 1 Tbsp peanut oil (or canola oil), divided
2 cloves garlic, crushed and peeled
½ tsp salt
3 ½ Tbsp rice vinegar
2 Tbsp reduced-sodium soy sauce
2 Tbsp minced fresh ginger
2 Tbsp brown sugar
1 ½ tsp chile-garlic sauce
3 cups grated carrots (about 5 carrots)
½ cup chopped fresh cilantro
1 cup diced cucumber

- Preheat broiler.
- Cut eggplant in half lengthwise. Place the halves cut-side down on a baking sheet
- Broil about 4” from the heat until the skin is blackened and the flesh is very soft, 10 to 15 minutes. Set aside to cool.
- Meanwhile, bring a large pot of lightly salted water to a boil for cooking pasta.
- Stir sesame seeds in a small skillet over medium-low heat until toasted and fragrant, about 2 minutes. Transfer to a small dish to cool.
- Cook noodles until just tender, about 3 minutes. Drain and rinse under cold water until cool.
- Press to remove excess water.
- Transfer to a large bowl and toss with 1 tsp oil to keep them from sticking.
- With a chef's knife, mash garlic and salt into a paste.
- Transfer to a small bowl and add vinegar, soy sauce, ginger, brown sugar, chile-garlic sauce and the remaining 1 Tbsp oil. Whisk until blended.
- Peel the cooled eggplant and discard the skin.
- Chop the eggplant flesh to a coarse puree.
- Add it to the noodles, along with carrots, cilantro and sesame seeds.
- Add the dressing and toss until well combined.
- Just before serving, garnish with diced cucumber.



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