

# Seared Cod & Miso-Roasted Japanese Eggplant

*with Cucumber-Soba Noodle Salad*

In this Japanese-inspired dish, we're putting two of our favorite summer vegetables front and center: cucumber and eggplant. Cucumber, a crunchy, cooling vegetable that swells on a flowering vine, is originally from Southern Asia. So is the eggplant—large, hearty and incredible at absorbing sauces. To take advantage of these unique properties, we're serving the cucumber raw in a soba noodle salad flavored with anise-like Thai basil, and we're roasting the eggplant in a uniquely flavorful sauce of sesame oil, mirin and white miso.



## Ingredients

- 4 Cod Fillets
- 8 Ounces Soba Noodles
- 4 Scallions
- 1 Pound Japanese Eggplants
- 1 Cucumber
- 1 Large Bunch Thai Basil

## Knick Knacks

- 2 Tablespoons Black & White Sesame Seeds
- 2 Tablespoons Sesame Oil
- 1 1-Inch Piece Ginger
- ½ Cup White Miso Paste
- ¼ Cup Mirin

Makes 4 Servings

About 625 Calories Per Serving

Cooking Time: 25 to 35 minutes





1



### Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut off and discard the stem ends of the eggplants; halve the eggplants lengthwise. Using the tip of your knife, score a diagonal crosshatch pattern into the cut sides of the eggplants (without cutting through to the skin). Cut off and discard the root ends of the scallions; thinly slice the white bottoms and cut the green tops into ½-inch pieces. Halve the cucumber lengthwise; using a spoon, scoop out and discard the seeds. Thinly slice the cucumber. Peel and mince the ginger. Pick the Thai basil leaves off the stems; discard the stems.

2



### Roast the eggplants:

In a small bowl, whisk together the **sesame oil**, **miso paste** and **mirin**. Line a sheet pan with foil. Place the **eggplants**, cut sides up, onto the foil-lined sheet pan. Spread **half the miso-mirin mixture** over the cut sides of eggplants. Roast 18 to 20 minutes, or until golden brown and tender when pierced with a fork. Remove from the oven and transfer to a serving dish.

3



### Cook the noodles:

While the eggplants roast, add the **soba noodles** to the pot of boiling water. Cook 4 to 6 minutes, or until tender. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process.

4



### Cook the cod:

While the eggplants continue to roast, pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 1 tablespoon of oil on medium-high until hot. Add the seasoned fillets and cook 2 to 4 minutes per side, or until golden brown and cooked through. Transfer to the serving dish of roasted eggplants.

5



### Make the noodle salad:

While the eggplants continue to roast, in a large bowl, combine the **cooked soba noodles**, **cucumber**, **ginger**, **white bottoms of the scallions**, **half the sesame seeds** and **half the Thai basil** (tearing the leaves just before adding). Add the **remaining miso-mirin mixture** and a drizzle of olive oil; toss to thoroughly combine and season with salt and pepper to taste. Transfer to a serving dish.

6



### Finish & serve your dish:

Garnish the **noodle salad** and **cooked cod and roasted eggplants** with the **green tops of the scallions**. Garnish the cod and eggplants with the **remaining sesame seeds and Thai basil**. Enjoy!