

Miso-Glazed Eggplant

with Green Tea Rice

You might recognize the green tea flavor used in the rice, known as Matcha in Japanese, from green tea ice cream or lattes sold at coffee chains all over the world. This powder, made purely from very finely ground tea leaves, has the highest concentration of antioxidants than any other form of green tea.



Ingredients

- 2 Japanese Eggplants
- 1 Bunch Cilantro
- 1 Clove Garlic
- 1-Inch Piece Ginger
- $\frac{3}{4}$ Cup Sushi Rice
- 2 Tablespoons Miso Paste
- 2 Tablespoons Mirin
- 2 Tablespoons Soy Sauce
- 2 Tablespoons Rice Vinegar
- 2 Tablespoons Sugar
- 1 Teaspoon Green Tea Powder
- 1 Teaspoon Black Sesame Seeds

Makes 2 Servings
About 400 Calories Per Serving

Instructions



Prepare your ingredients:

Preheat the oven to 500°F. Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Cut the eggplants in half lengthwise, then crosswise into quarters. With the tip of a knife, score a diagonal crosshatch pattern into the cut sides of the eggplant. Place the eggplant on a lightly oiled baking sheet, cut-side up. Finely chop the cilantro. Peel and mince the ginger and garlic, smashing until they resemble paste.



Cook the rice:

Add the **sushi rice** to the boiling water and cook for 16 to 20 minutes, or until tender. Drain thoroughly.



Make the miso mixture:

While the rice cooks, in a small bowl, whisk together the **ginger, garlic, miso, mirin, and half the soy sauce**.



Roast the eggplant:

While the rice continues to cook, drizzle the **eggplant** with **olive oil** and spread the **miso mixture** on the flat sides of the eggplant slices. Roast in the oven 14 to 16 minutes, or until the eggplant is tender and the topping is lightly browned.



Finish the rice:

Add the cooked rice back to the pot. Add the **rice vinegar, sugar, green tea powder, half the black sesame seeds, and all but a pinch of the cilantro**; stir until well combined.



Plate your dish:

Divide the green tea rice and eggplant slices between 2 plates. Garnish with the **remaining black sesame seeds, cilantro, and soy sauce**. Enjoy!