

Japanese Eggplant & Soba Noodles

with Taiwanese Bok Choy

Bok choy, literally “white vegetable” in Cantonese, comes in many, many forms. For this recipe, we’ve selected a winter-harvested variety, Taiwanese bok choy, for its hardiness, tender stalks and bright, wide leaves. Its slightly mustardy flavor complements the earthiness of soba noodles and the sweet, salty flavors of our mirin-sesame-soy sauce.



Ingredients

- 3 Cloves Garlic
- 2 Bird's Eye Chilies
- 2 Japanese Eggplants
- 2 Scallions
- 1 1-Inch Piece Ginger
- 1 Bunch Cilantro
- 1 Bunch Mint
- ½ Head Taiwanese Bok Choy
- 8 Ounces Soba Noodles
- 2 Tablespoons Mirin
- 2 Tablespoons Soy Sauce
- 1 Tablespoon Sesame Oil

Makes 2 Servings
About 640 Calories Per Serving

Instructions



Prepare the ingredients:

Heat a large pot of water to boiling on high. Wash and dry the fresh produce. Peel and mince the garlic and ginger. Trim off the stems of the eggplants and slice them on an angle, turning the eggplant after each cut to create oblique-cut pieces. Thinly slice the scallions on an angle, separating the white bottoms and green tops. Roughly chop the cilantro. Pick the mint leaves off the stems. Roughly chop the Taiwanese bok choy.



Cook the soba noodles:

Once the water is boiling, add the **soba noodles** and cook 4 to 5 minutes or until tender. Drain, rinse under cold water and set aside.



Cook the eggplants:

While the noodles cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **eggplant** and season with a little salt and pepper. Cook 3 to 4 minutes, or until lightly browned, stirring occasionally. Transfer to a plate then wipe out the pan.



Add the vegetables:

In the same pan used to cook the eggplant, heat 2 teaspoons on medium until hot. Add the **garlic, ginger, white parts of the scallions and bird's eye chilies**; cook 30 seconds to 1 minute, or until fragrant, stirring frequently. Add the **Taiwanese bok choy** and season with a little salt and pepper. Cook 2 to 4 minutes, or until the bok choy is completely wilted.



Add the noodles:

Rinse the **cooked soba noodles** once more under cold water. Add the **rinsed noodles, cooked eggplant, mirin, sesame oil, soy sauce** and **half of both the cilantro and mint** to the pan of vegetables. Cook 1 to 2 minutes, stirring frequently, until thoroughly combined and heated through.



Plate your dish:

Divide the noodles and vegetables between 2 bowls, removing the bird's eye chilies. Garnish with the **green parts of the scallions** and **remaining mint and cilantro**. Enjoy!