

# Griddle-Fried Aubergine with Soy Tahini Dressing

Total time **90 mins** 60 mins preparation time 30 mins cooking time

Nutritional facts (per portion):  
**820 kJ / 195 kcal**

Fat: **12.1 g** Protein: **5 g**  
Carbohydrates: **14 g**

## INGREDIENTS

4 portion(s)

**2** aubergines  
**2 tbsp** salt  
**2 tbsp** olive oil  
**0.5** fennel  
**0.5** pomegranate  
**25 g** pistachio nuts  
A few mint leaves

### For the dressing

**1** garlic clove  
**2 tbsp** tahini (sesame paste)  
**2 tbsp** Kikkoman Naturally  
Brewed Soy Sauce  
**1.5 tsp** pale treacle syrup (or:  
agave syrup)  
**1 tbsp** lime juice  
Freshly ground pepper

## PREPARATION

### Step 1

Wash the aubergines, slice lengthways, sprinkle the cut surfaces with salt and leave to rest for approx. 60 minutes. Drain the aubergine slices, dab them dry and fry on both sides for approx. 4-5 minutes in a griddle pan. Arrange the slices on plates and drizzle with olive oil.

### Step 2

Remove the top and outside layers of the fennel, wash it, grate it into fine strips and arrange them on top of the aubergines. Remove the pomegranate seeds, combine them with the pistachio nuts and mint leaves and sprinkle over the fennel.

### Step 3

To prepare the dressing peel the garlic clove, crush it and combine it with the tahini, soy sauce, syrup and juice. Season with pepper, drizzle over the aubergines and serve.