



# Vegan Miso Glazed Aubergine Steaks with Sesame Rice Noodles



These aubergine steaks are packed with flavour; the miso adds a depth of umami, whilst the maple syrup and chilli add sweetness and spice.

**Course** Dinner  
**Cuisine** Japanese

**Keyword** gluten free, plant based dinner, savoury vegan, vegan, vegan steak

**Prep Time** 5 minutes  
**Cook Time** 15 minutes  
**Marinating Time** 1 hour  
**Total Time** 1 hour 20 minutes

**Servings** 4  
**Calories** 280kcal

## Ingredients

### For the aubergines:

- 4 Tbsp miso paste
- 2 Tbsp maple syrup
- 1 Tbsp soy sauce gluten-free, if required
- 1 red chilli finely chopped
- ½ lime juice and zest
- 1 Tbsp mirin rice wine
- 2 aubergines

### For the noodles:

- 1 Tbsp sesame seeds
- 3 Tbsp sesame oil
- 1 Tbsp mirin rice wine
- 300 g 2 cups rice noodles, cooked
- 1 red chilli sliced
- 4 spring onions sliced
- 1 handful chopped coriander
- ½ lime juice only

## Instructions

1. To make the glaze, combine the miso paste, maple syrup, soy sauce, red chilli, lime juice and zest and mirin in a bowl and mix together.
2. Next, cut the aubergines lengthways into 1-inch thick steaks and score diagonally in both directions on both sides. Place these in a dish and pour over the miso glaze, and leave to marinate for 1 hour in the fridge.
3. For the noodles, in a medium-sized pan over a medium heat, add the sesame seeds and cook for 1 minute to toast them. Then add the sesame oil, mirin and the rice noodles; mix together until the noodles are coated and heat for 2-3 minutes. Remove from the heat and add the chilli, spring onions, coriander, and lime juice, and mix thoroughly.
4. Finally, to cook the aubergines, heat a large frying pan over a medium-high heat and cook the aubergines for 4-5 minutes on each side, until the aubergines are cooked through. Serve the aubergine steaks on a bed of the sesame noodles.

## Notes

When cooking the aubergines, avoid moving them around too much—letting them sit undisturbed in the pan helps them develop that gorgeous golden crust.

For a summertime treat, these vegan miso aubergine steaks can also be cooked on a barbecue.

Prepare and marinate the aubergine steaks as below, and cook on a hot barbecue grill for a few minutes on each side until the aubergine is tender but not mushy. Brush with leftover glaze halfway through cooking to prevent the steaks from drying