



Spicy Eggplant Salad With Sesame Oil

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By David Tanis | Time: 40 minutes | Yield: 6 servings

Ingredients

- 2 pounds small, firm eggplants
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- Juice of 1 lime
- 1 teaspoon kosher salt
- 1 teaspoon brown sugar
- 3 garlic cloves, minced
- 2 tablespoons grated ginger
- 1 ½ teaspoons toasted sesame oil
- 2 tablespoons vegetable oil
- 1 teaspoon hot pepper oil, optional
- 2 tablespoons roughly chopped cilantro, plus sprigs for garnish
- 6 scallions, thinly sliced diagonally
- 1 thinly sliced serrano chile, optional

Preparation

1. Cook the eggplants in a covered steamer over rapidly boiling water until tender, about 10 minutes. Let cool, then peel. Put the flesh in a fine meshed strainer to drain excess liquid.
2. Make the dressing: In a small bowl, whisk together soy sauce, vinegar, lime juice, salt and sugar. Add garlic, ginger, sesame oil, vegetable oil and hot pepper oil, if using.
3. Put drained eggplants in a bowl. Using 2 forks, shred the eggplants a bit, then pour dressing over and toss, coating well. Leave to rest for 10 minutes, then taste and adjust seasoning.
4. Just before serving, stir in chopped cilantro. Pile eggplants on a platter and sprinkle with scallions. Garnish with serrano chile, if using, and cilantro sprigs.

Nutritional Information

Nutritional analysis per serving (6 servings)

113 calories; 6 grams fat; 0 grams saturated fat; 0 grams trans fat; 4 grams monounsaturated fat; 1 gram polyunsaturated fat; 13 grams carbohydrates; 5 grams dietary fiber; 6 grams sugars; 2 grams protein; 541 milligrams sodium

Note: Nutrient information is not available for all ingredients. Amount is based on available data.

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