



## Satay eggplant with smacked cuke & soba noodle salad

### Ingredients: (Serves 4)

2 medium eggplants, halved and flesh scored  
1 tablespoon olive oil  
pinch of salt  
2 punnets baby cucumbers (cukes)  
1 garlic clove, finely grated  
½ teaspoon caster sugar  
1 tablespoon reduced-salt soy sauce  
2 teaspoons rice wine vinegar  
2 teaspoons sesame oil  
1 long red chilli, finely sliced  
2 spring onions, finely sliced  
90g soba noodles  
½ bunch of coriander, leaves picked  
½ bunch of mint, leaves picked

### For the satay sauce:

½ cup coconut milk  
⅓ cup crunchy peanut butter  
1 tablespoon reduced-salt soy sauce  
1 tablespoon brown sugar  
juice of 1 lime  
  
2 tablespoons roasted peanuts, roughly chopped

### Method:

1. Preheat oven to 200°C (fan-forced). Place eggplant halves flesh side up on lined baking tray, drizzle with oil and season with a pinch of salt. Roast in oven for 25-30 minutes or until golden brown and tender.
2. Meanwhile, smash cucumbers with something heavy until they burst open. Cut on the diagonal into bite-sized pieces and place in a small bowl. Sprinkle with a good pinch of sea salt and set aside for 10 minutes to draw out moisture. In a separate bowl, combine garlic, caster sugar, soy sauce, rice wine vinegar, sesame oil, chilli and spring onions. Strain cukes, add to dressing bowl and toss until well combined.
3. Bring a medium saucepan of water to the boil. Boil soba noodles for 2-3 minutes or until tender. Drain well and toss through smacked cukes with coriander and mint.
4. For satay sauce, combine coconut milk, peanut butter, soy sauce and brown sugar in a small saucepan over medium heat. Simmer for 3-4 minutes or until thickened. Remove from heat and stir through lime juice.
5. Divide smashed cuke & soba noodle salad between four serving bowls. Arrange eggplant on top and generously spoon over satay sauce. Garnish with roasted peanuts.

### Nutrition Information: (Per serve)

Energy:	1937kJ (462cal)	Protein:	14.2g	Total Fat:	28.4g
Saturated Fat:	7.8g	Carbohydrate:	32.4g	Sugars:	15.5g
Fibre:	10.6g	Sodium:	836mg		