

RECIPE | EGGPLANTS



BBQ EGGPLANT & BELL PEPPER BOWL



PURE-FLAVOR.COM

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INGREDIENTS

For the salad:

- 2 2 ct Pure Flavor® Craft House Collection® Baby Eggplants, sliced
- 2 Pure Flavor® Sweet Bell Peppers, sliced
- Scallions, for garnish
- Sesame seeds, for garnish
- Crispy wonton strips, optional

For the dressing:

- 5 cloves garlic, crushed
- $\frac{3}{4}$ cup low-sodium soy sauce
- $\frac{1}{4}$ cup mirin
- 3 tbsp brown sugar
- 2 tbsp sambal spicy chili paste
- 1 tbsp ginger, minced
- 1 tbsp toasted sesame oil

DIRECTIONS

- 1 Pulse the dressing ingredients in a food processor until smooth.
- 2 Add the eggplant and peppers to a bag with enough dressing to coat.
- 3 Heat a large saucepan on the grill. Then, add the marinated eggplant and peppers. Cook for 2 minutes or until the eggplant turns golden brown.
- 4 Once done, remove from heat and let cool.
- 5 Toss all items into a salad bowl with the remaining dressing. Garnish with scallions, sesame seeds and crispy wonton strips.

Pro Tip: For optimal flavor, refrigerate in the marinade for 1-2 hours.



25 min

20 min
PREP.

5 min
COOKING



4



easy