



## RECIPE | EGGPLANTS

# BBQ EGGPLANT & BELL PEPPER BOWL



25 min

20 min  
PREP.

5 min  
COOKING



4



easy

## 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  
 $\frac{2}{3}$  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.

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