

Miso Udon Noodles With Teriyaki Aubergine

Yield: 1 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-eggplant-teriyaki-recipe>

Ingredients:

- 1 tablespoon light soy sauce
- 1 teaspoon miso paste
- 1/2 teaspoon bouillon powder vegetable stock
- 1 clove garlic minced
- 1 cube ginger around 5mm, minced
- 1/4 teaspoon salt
- 1 udon noodles pack of
- 1 1/4 cups water
- 1/2 aubergine small, around 150g, roughly chopped
- 1 clove garlic minced
- 1 tablespoon vegetable oil
- 1 tablespoon teriyaki sauce
- 7/8 cup water
- 1 pinch salt
- 2 dried wood ear mushrooms soaked and sliced
- 2 5/8 tablespoons sweetcorn tinned
- 1 pinch sesame seeds
- 1 handful spring onion sliced

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 34 grams
3. Fat: 15 grams
4. Fiber: 11 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 2740 milligrams

8. Sugar: 11 grams

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