



## *Miso Stuffed Vegetable Boats*

**SERVES: 4 | TOTAL TIME: 50 MINUTES**

### **INGREDIENTS**

- 2 large zucchini
- 2 eggplant
- 2 tbsp olive oil
- ½ cup walnuts, finely chopped
- ½ cup cooked brown rice
- ½ cup shitake mushrooms, chopped
- 1 small red chilli, deseeded and finely chopped
- 2 spring onions, thinly sliced
- 1 clove garlic, crushed
- 1 tbsp white miso paste
- 2 tsp light soy sauce
- 2 tsp mirin
- Fresh coriander, roughly chopped, to serve
- Pimp My Salad Spiced Sunflower Seeds to serve

### **DIRECTIONS**

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper.
3. Cut zucchini and eggplants in half lengthways. Scoop flesh out of zucchini and eggplant, leaving a ½ centimetre border around the edge. Place shells on prepared baking tray.
4. Chop flesh of zucchini and set aside. Repeat for eggplant flesh, keeping it in a separate bowl. Heat oil in a large frying pan over high heat. Add chopped eggplant, walnuts, rice, spring onion, chilli and garlic and cook, stirring until the eggplant is cooked and tender. Add chopped zucchini, mushrooms, miso, soy sauce and mirin and cook, stirring until all the chopped eggplant and zucchini are well coated.
5. Spoon mixture into the zucchini and eggplant shells and cook in oven for 20 to 25 minutes or until tender.
6. Serve sprinkled with coriander and Pimp My Salad Spiced Sunflower Seeds.