



Ingredients

- ✓ 1 Tbsp. sesame seeds
- ✓ ½ cup hot water
- ✓ 2 Tbsp. white miso paste
- ✓ 1 Tbsp. tamari
- ✓ 1 Tbsp. rice vinegar
- ✓ 1 Tbsp. maple syrup
- ✓ 2 Tbsp. virgin coconut oil
- ✓ 1 Tbsp. chopped garlic (about 3 cloves)
- ✓ 1 tsp. minced ginger
- ✓ ½ tsp. minced fresh chili pepper, or pinch red pepper flakes
- ✓ 1 lb. baby or Asian eggplants, trimmed and cut in 1" pieces
- ✓ 1 (6oz) head baby bok choy, cut in ¾" pieces
- ✓ 3 Tbsp. chopped scallions/green onions (about 1-2)
- ✓ 1 tsp. toasted sesame oil

Preparation

1. Heat a large frying pan over medium-low heat. Add sesame seeds and cook and stir until golden, about 3-4 minutes. Remove from pan and reserve.
2. In a small bowl, whisk together hot water and miso until miso dissolves. Add tamari, rice vinegar and maple syrup, mix well and reserve.
3. Heat frying pan to medium and add coconut oil, garlic and ginger. Cook and stir until golden, about 1-3 minutes. Add chili pepper, eggplant and miso mixture from small bowl. Cook and stir until eggplant is tender, about 10-15 minutes. Add bok choy and scallions and continue to cook and stir until bok choy stems are tender-crisp. Drizzle with sesame oil, sprinkle with reserved toasted sesame seeds and serve, with rice, if desired.