JAPANESE · SIDE

Nasu Dengaku (Grilled Miso-Glazed Eggplant)

20 min · Makes 4 × ½ eggplant · 84 kcal a portion

Video 3:11 · Sudachi | Japanese Recipes | Yuto Omura

Vegan · Gluten-free ingredients · No nuts listed

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A vegan side of about 85 kcal a serve: the grilled eggplant needs no oil, and the miso glaze brings deep savoury flavour with only about 2 g added sugar, under 3 g fat and about 4 g fibre per half eggplant.

Diet notes: Low carb (7.8 g net carbs) but not keto: 28% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.4 g, 4% of the energy).

Ingredients 8 · MAKES 4 × ½ EGGPLANT

- [ ] 2 **long Japanese eggplants** (about 250 g each), or Chinese eggplants
- [ ] 2 tbsp **yellow miso paste** (awase miso)
- [ ] 2 tbsp **sake**
- [ ] ½ tbsp **toasted sesame oil**
- [ ] ½ tbsp **brown sugar** (light brown or white)
- [ ] 1 tsp **mirin**
- [ ] **toasted sesame seeds**, to garnish (about 1 tsp)
- [ ] a few shiso (perilla) leaves, thinly sliced, to garnish

Allergens found in the listed ingredients: Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the grill or oven broiler on medium. Cut the stems off the eggplants, halve them lengthways and score the cut sides in a fine crosshatch. 0:08
2. Grill flesh side towards the heat for about 3–5 minutes until lightly charred, then flip and grill the skin side for 5 minutes. Pierce the thickest part with a chopstick; give it 2–3 more minutes if still firm. 0:40
3. Meanwhile put the miso, sake, mirin, brown sugar and sesame oil in a small pan. Bring to a boil over medium-high heat, stirring constantly so the miso doesn't burn, then stir on low until slightly thickened. 1:02
4. Turn the soft eggplants cut side up, spread a thick layer of glaze over each and grill about 2 minutes more, until the miso bubbles and darkens. 1:56
5. Sprinkle with sesame seeds and sliced shiso and serve as a side dish or appetiser. 2:19

> **Tip** Globe eggplants work too: cut them into 2–3 cm rounds and score one side. Sudachi grills with no oil, so the only fat is the ½ tbsp sesame oil in the glaze.

The method is a summary in our words — the video shows every step.

One portion (½ eggplant) gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
84 kcal	2.5 g	12 g	4.3 g	2.9 g	320 mg
350 kJ	5% of a day	7.8 g net · 7.1 g sugars	15% of a day	0.4 g saturated	14% of a day
		4% of a day		4% of a day	

Energy from net carbs 46% · protein 15% · fat 39%

Recipe and video: Sudachi | Japanese Recipes | Yuto Omura (@SudachiRecipes) on YouTube — youtube.com/watch?v=jyKsqvPep2Q, published 8 November 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/nasu-dengaku-miso-eggplant