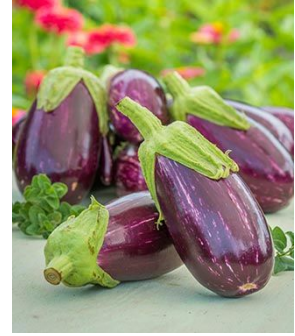


The Wheels Garden's Eggplant Mango Soba Noodles Salad

Adapted from Plenty, by Chef Yotam Ottolenghi



Ingredients

Dressing:

- ½ C rice vinegar
- 3 TBL sugar
- 2 garlic cloves, grated or minced
- 1 fresh red Chile or jalapeno, finely chopped
- 1 tsp. toasted sesame oil, plus extra for noodles
- 1 lime, zest and juice

Salad:

- 1 C olive oil for grilling eggplant
- 1 – 2 eggplants, cut into ½" to ¾" wide slices
- 1 package (8oz.) Soba noodles (we used the precooked available at Cub)
- 1 large ripe mango, cut into ¼" in wide slices
- 1 C basil leaves, roughly chopped or cut in thin slices
- 2 C cilantro leaves, roughly chopped, divided
- 1 red onion, sliced thinly
- ½ red bell pepper, sliced thinly
- ½ to 1 C spicy cashews (we used the spicy Thai Lime & Chili from Trader Joe's)
- 1 lime, cut in half and thinly sliced for garnish

Method

1. Prepare dressing – In a small saucepan, gently warm vinegar, sugar and salt until the sugar dissolves, about 1 minute. Remove from heat and add garlic, Chile and sesame oil. Cool, then add lime zest and juice. This can be made in advance.
 2. Prepare noodles – Warm soba noodles 90 seconds in the microwave on high.
 3. Prepare eggplant – Rub sliced eggplant with salt and let sliced eggplant sweat on paper towels for 1 hour, turning over the slices and replacing damp towels with dry as needed. Pat slices dry before grilling. Brush with olive oil for grilling. Grill over medium heat. Cool slices and dice to bite-sized chunks.
 4. Prepare red onion – After slicing the red onion, soak the slices in an ice water bath for 10 – 15 minutes to take bitterness out of the raw onion flavor.
 5. Assemble the salad – Toss the noodles with ½ the dressing, then add the eggplant, mango, red onion and red paper slices. Add rough cut basil and cilantro and a small amount of the nuts. Taste and adjust – add the dressing as needed. Garnish the platter with lime slices and nuts.
- Serves 6 or up to 10 as a side dish.