



Vegan Eggplant "Unagi" Don

A vegan version of unagi don (grilled eel rice bowl). This eggplant unagi is reminiscent of a Japanese eel, with a similar sweet and savory sauce. This dish is perfect for anyone living a plant-based life or just trying to save a few bucks without sacrificing any flavor!

45

MINUTES

2

SERVINGS

7

INGREDIENTS

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SPICE LEVEL

Vegan Eggplant "Unagi" Don

INGREDIENTS

- 2–3 eggplants
- 3 tbsp soy sauce
- 3 tbsp mirin
- 1 tsp sugar
- ½ tsp sesame seeds for garnish
- 1 scallion, chopped
- steamed rice for serving

DIRECTIONS

1. Preheat oven to 350°F and prep the eggplant: use a fork to pierce holes evenly along each eggplant to let the steam escape while it roasts. Roast the eggplant for 30–40 minutes in the oven.
2. Cut off the ends of your eggplant, then cut it in half lengthwise. Peel off the skin and flatten the eggplant with the back of a knife.
3. Heat cooking oil in a frying pan and sear both sides of the eggplant over high heat until golden brown.
4. Add in soy sauce, mirin and sugar, then lower the heat to medium and cook for 1–2 minutes until the sauce is reduced.
5. Serve the eggplant "unagi" over a bed of white rice and garnish with sesame seeds and scallions. Dig in!



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