

Grilled Miso Vegetables Recipe

Ingredients:

12 baby (Dutch) carrots, scrubbed
12 thin asparagus spears (about 2 bunches), woody ends trimmed
2 tablespoons white (shiro) miso paste*
2 teaspoon castor sugar
2 tablespoons soy sauce
2 tablespoons mirin*
1 tablespoon sesame oil

Method:

Trim the carrot stalks neatly, then cook carrots in simmering salted water for 1 minute. Add asparagus and cook for a further minute or until just tender. Drain. Whisk the miso paste, sugar, soy sauce, mirin and oil in a bowl. Toss the carrots and asparagus in the miso dressing, then place on a chargrill over high heat (reserving remaining dressing). Cook vegetables for 1 minute, turning halfway to mark well. Serve the chargrilled vegetables topped with the remaining miso dressing.

*miso paste - a salty fermented soybean paste traditionally used in soups and marinades.

mirin - a light, sweet Japanese rice wine used for sauces and marinades.

(Above ingredients can be obtained from Asian and health food shops, selected supermarkets and greengrocers).

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