Main dishes / Japan

udon noodles with chickpeas and aubergine · Japan

A modern Japan-inspired noodle or pasta dish with aubergine and drained cooked chickpeas.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g udon noodles
- ☐ 500 g aubergine
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked chickpeas
- ☐ 25 g white miso paste
- ☐ 10 g sesame seeds

Let's make it.

01 Cook the udon noodles according to the packet. Reserve a cup of cooking water, then drain.

02 Clean the aubergine and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the aubergine and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

04 Rinse and drain the drained cooked chickpeas, then heat until piping hot throughout.

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the white miso paste, finely grated fresh ginger, sesame seeds and taste before serving.

AI-developed, not kitchen-tested.

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