

# Mackerel and eggplant simmered in miso with ground sesame

349 kcal per serving

\* Caloric value is approximate.



## Ingredients (For 1 serving)

- Mackerel simmered in miso (canned) ----- 1/2 can (100g)
- Eggplant ----- 1 (90g)
- Deep-fried bean curd 1/4 slice (20g)
- White leek ----- 1/2 stalk (50g)
- Round sliced red pepper As needed
- Noodle soup base (straight) 50mL
- Water ----- 90 mL
- Ground sesame seeds ----- 1 tbsp

## Directions

1. Chop the eggplant coarsely after cutting off the tips. Cut the deep-fried bean curd into thin strips and the white leek into diagonal slices.
2. Put 1, the mackerel (with stock from can ), round sliced red pepper, the noodle soup base, and the water in the inner pot. Blend them together slightly. Select the "Slow Cook • Soup" menu, set the timer for 15 minutes, and press the [Start] key.
3. When cooking is complete, add the ground sesame seeds and stir them until just incorporated. Place the dish on a serving plate.