



Freelancer Magazine x The Working Lunch Cook-together

## Aubergine bánh mì (Vietnamese sandwich)

### Ingredients:

1 Aubergine  
Miso paste  
Maple syrup (or runny honey)  
1 Carrot  
White wine vinegar  
Sugar  
Salt  
1 Demi-baguette (or however big a piece of baguette you want to eat!)  
Cucumber  
Coriander and/or mint  
Red chilli  
Spring onion  
Mayonnaise  
Sriracha or hot sauce  
Sesame seeds (optional)  
Oil or oil spray for frying

### Method:

1. Make the pickling liquid. Mix 2tbsp of vinegar with 1tbsp sugar, pinch of salt.
2. Peel and ribbon carrots. Add to pickling liquid. Set aside.
3. Make miso glaze. Mix 1tsp miso with 1tbsp syrup/honey. May need to add a little hot water if too thick.
4. Fry sesame seeds (if using) in a dry pan to lightly roast. Set aside to cool.
5. Prepare sriracha mayo by combining mayonnaise and sriracha - however spicy you want!
6. Remove the stalk from the aubergine and slice lengthways.
7. Heat some oil, then gently fry the aubergine for a few minutes on each side.
8. At the first turn, glaze the top side. Repeat on the next turn. Continue cooking until soft, careful with the heat so the glaze doesn't catch.
9. Once the aubergine is cooked, take it off the heat.
10. Ribbon or slice cucumber and prepare the spring onions, chilli slices and herbs.
11. Prepare the baguette, slicing lengthways and spreading with the sriracha mayo.
12. Drain the carrot ribbons and dab off excess liquid using kitchen towel.
12. Assemble the sandwich, layering on the aubergine slices sprinkled with sesame seeds, then pile on the carrot, cucumber, herbs, chilli and onions.