Grilled Eggplant with Ginger, Chili, & Cilantro

Makes 4 servings

From It’s All Good by Gwyneth Paltrow

1 large eggplant, unpeeled, ends sliced off and discarded, cut into 1/3 –inch slices

¼ c. neutral oil (for example: Canola, grapeseed, or safflower oil)

1 Tbsp. finely minced fresh ginger

1 Tbsp. finely minced fresh red chili

1 Tbsp. soy sauce

2 tsp. toasted sesame oil

2 Tbsp. finely chopped cilantro

Heat a grill or grill pan over high heat.

Using a sharp knife, carefully score the eggplant slices on 1 side in a crosshatch pattern, being careful not to slice through the eggplant. Brush the eggplant on both sides with the oil. Evenly distribute the ginger and red chili on the crosshatched side of the eggplant slices and rub the aromatics in with your fingers so they stick in the grooves.

Grill the eggplant until softened and browned on both sides, 3 to 4 minutes on a side.

Remove the eggplant to a serving platter. Evenly drizzle the soy sauce and sesame oil over the eggplant and scatter the cilantro over the top.