Sesame-Ginger Pork Meatball & Eggplant Casserole
ごま生姜豚団子となすのオーブン焼き

Serves 4 (or 2 with leftovers)

Ingredients

Eggplant Base
• 500 g Japanese eggplant, cut into 3–4 cm chunks
   なす
• 2 T canola oil (28 g)
   キャノーラ油

Sesame-Ginger Sauce
• 2 T nerigoma (sesame paste)
   練りごま
• 1 T low-sodium soy sauce
   しょうゆ（減塩）
• 1 T sake
   酒
• 1 T rice vinegar
   米酢
• 1 T water
   水
• 1 T sugar (12 g)
   砂糖

Pork Meatballs
• 300 g ground pork
   豚ひき肉
• 2 cloves garlic, minced
   にんにく
• 1 T fresh ginger, minced (15 g)
   しょうが
• ¼ tsp white pepper
   白こしょう
• ¼ tsp salt + pinch MSG
   塩
• 3 T cornstarch (24 g)
   片栗粉

Assembly
• 50 g scallions, cut into 4–5 cm pieces
   長ねぎ / 青ねぎ

Finishing
• 15 g peanuts, chopped
　ピーナッツ
• ½–1 tsp chili crisp (per serving)
　食べるラー油
• ½ tsp sesame oil
　ごま油

Instructions
1. Preheat oven to **190°C**.
2. Toss **eggplant** with **oil** and spread in a single layer in a <u>24×20×4 cm pan (Yellow Emile Henry)</u>.
3. Roast **25–30 minutes** until lightly browned.
4. Mix sauce ingredients until smooth.
5. Combine **pork mixture** and form <u>12–14 meatballs</u>. Roll in **cornstarch**.
6. Brown meatballs **5–6 minutes**.
7. Add **sauce** and **simmer 1–2 minutes**.
8. Combine with **eggplant** and **scallions**.
9. **Bake 15 minutes** until fully cooked.
10. Finish with **peanuts**, **chili crisp**, and **sesame oil**.

Notes & Improvements
• Use chili crisp instead of rayu for deeper flavor.
• Add chili crisp only at the end.
• Rectangular pan improves browning.
• Keep eggplant in single layer initially.
• Scallions: about 50 g total.
• Serve with steamed rice, simple green vegetable (spinach or komatsuna, and light miso or clear soup)

Nutrition (per serving)
Calories: 480 kcal | Protein: 26 g | Fat: 30 g | Carbs: 28 g | Fiber: 6 g | Sodium: ~650 mg