

Eggplant and Shiitake Mushroom “Meat” Tostada with Fig Salsa and Chimichurri

“Meat” Ingredients:

- 2 T olive oil
- 2 large eggplants, cut in half vertically
- 1 lb of shiitake mushrooms, stems cut off
- 4 small sweet peppers, whole
- 2 T coconut aminos
- 1 T liquid smoke
- 1 tsp salt
- 1 tsp chili powder
- 2 tsp smoked paprika

Fig Salsa Ingredients:

- 4 figs, whole
- 1 jalapeño
- 2 cloves garlic
- 2 tomatillos
- 1 tomato, ripe
- 1 shallot
- 1 tsp salt

Chimichurri Ingredients:

- 2 handfuls of herbs, chopped
- 1/4 cup olive oil
- Pinch of salt



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“Meat”:

Heat a large pan. When it starts to smoke, add in eggplant, sweet peppers and shiitake mushrooms, with nothing overlapping. Once golden-brown caramelization has happened on one side, flip veggies over and cook until the other side begins to caramelize. Once you have color on both sides, add in the coconut aminos, liquid smoke, salt, smoked paprika and chili powder, coating the entirety of the eggplant, mushrooms and sweet peppers. Remove from pan. Once cool, dice the peppers, mushrooms and eggplant into small pieces. Set aside in a bowl.

Fig Salsa:

Roast the figs, jalapeño, garlic, tomatillo and tomato in a cast iron until caramelized and slightly charred. Add all the items to a blender with salt and blend until desired smoothness. Pour into a jar and set aside.

Chimichurri:

Chop all herbs and mix into the olive oil along with the salt. Set aside in a bowl.

Put a bit of “meat” on top of the tostada, followed by a spoon of fig salsa and finish with the chimichurri. Add extra herbs on top if desired.

Recipe by Garden Chef Natalie Fisher-Chavez



ATLANTA BOTANICAL GARDEN