



thai eggplant stir fry

INGREDIENTS

- 2 Chinese eggplant
- 1 teaspoon minced ginger
- 5 cloves garlic, chopped
- ¼ teaspoon salt
- 1 teaspoon cornstarch
- 2 tablespoons low sodium soy sauce
- ½ tsp Splenda
- 2 ½ tablespoons canola/avocado oil
+ sesame/peanut oil for flavour
- Fresh cilantro & Thai basil coarsely
chopped

You'll need

- Knife
- Cutting board
- 2 bowls
- Pot cover
- Non-stick pan
- Spatula

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INSTRUCTIONS



1 Slice eggplant into bite-sized portion and transfer into a bowl with water. Season with 1 teaspoon salt and mix it well to combine. Place a pot cover on top to push down the eggplant underwater for 15 minutes. Drain and pat dry.



2 In another bowl, add light soy sauce, Splenda, 1 teaspoon cornstarch and mix well. Set aside.



3 Sprinkle the eggplant with cornstarch and mix by hand, until evenly coated with a thin. Set aside.



4 In a non stick pan, heat 1/2 tablespoon canola oil and 1/2 tablespoon sesame oil to a over medium high heat. Stir fry the eggplant across the bottom of the skillet in batches.



5 Stir fry the eggplant one side at a time until all the surfaces are fried and the eggplants are cooked through and soft for 5-10 minutes.



6 In another pan, add 1/2 teaspoon oil mixed oils and sauté ginger and garlic. Toss a few times until fragrant.



7 Then add in all the eggplant slices back into the pan. Adjust heat to medium and add the sauce. Keep on tossing a few times, until it is evenly coated and the sauce becomes thick.



8 Adjust heat to low, season with 1/2 teaspoon salt and pinch of pepper to taste. Turn off heat and transfer into a serving plate. Stir in chopped fresh herbs and enjoy!