

Aubergine with Spicy Garlic Sauce Recipe

Ingredients: Serves 2

450g Asian aubergine
150g ground pork, beef or chicken
2 tablespoons minced scallions
2 tablespoons minced ginger root
2 tablespoons minced garlic
1 teaspoon chili paste
4 tablespoons soy sauce
2 teaspoons cooking wine
1 teaspoon sugar
4 tablespoons stock or water
½ tablespoon cornstarch

Method:

Peel aubergine and cut into long, thick strips. Soak in water then set aside. Drain thoroughly before use. Heat 3 tablespoons oil, stir-fry scallions, ginger root, garlic and chili paste until fragrant. Add meat and stir-fry until cooked. Add aubergine and stir-fry several minutes until soft. Add soy sauce, cooking wine, sugar, stock or water and cornstarch and bring to boil until sauce thickens. Add chopped scallions as desired. Remove and serve with rice and vegetables.

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