

# Japanese Eggplant

**Season:** Any

**Type:** Japanese Main Dish

**Difficulty:** 

**Serves:** 6

**Fresh from the garden:** Eggplant, garlic, spring onions

<b>Equipment:</b>	<b>Ingredients:</b>
Knives	1 Tbsp vegetable oil
Chopping boards and mats	4 Japanese eggplants
Wooden spoon	4 spring onions, thinly sliced
Frying pan	1 Tbsp minced garlic
Bowl	2 Tbsp soy sauce
Measuring spoons	2 Tbsp water
	1 ½ Tbsp oyster sauce
	½ tsp chilli
	1 Tsp white sugar
	ground black pepper to taste
	½ Tsp sesame oil

## Method:

- Cut the eggplants into a large dice (2.5cm cubes).
- Slice the spring onions.
- Finely chop the chilli.
- Heat the vegetable oil in the frying pan over a medium heat.
- Add the eggplant and stir-fry until brown.
- Add the spring onion and the garlic.
- Continue to stir-fry until spring onion is soft.
- Add the soy sauce, water, oyster sauce, chilli and sugar.
- Reduce the heat and simmer until the eggplant is tender. (about 5 minutes)
- Turn off the heat.
- Drizzle over the sesame oil and stir to combine.
- Serve.