

# Mongolian Eggplant

**Season:** Summer/Autumn

**Type:** Mongolian main or side

**Difficulty:** 

**Serves:** 6

**Fresh from the garden:** Eggplant, Chilli, garlic, ginger, spring onion

Equipment:	Ingredients:
Frying pan	4 Tbsp Vegetable oil
Saucepan	½ cup soy sauce
Chopping boards and mats	½ cup water
Knives	1 Tbsp sesame oil
Wooden spoon	2 cloves garlic, minced
Measuring cups and spoons	1 tsp minced ginger
	¾ cup sugar
	5 Chinese eggplants
	1 capsicum
	3 stalks of spring onion, sliced in 2.5cm pieces
	Pinch of chilli flakes
	cornflour

## Method:

- Cut eggplant into bite sized pieces and coat in a thin layer of cornflour. Let sit for 10 minutes.
- Cut the capsicum into strips.(Julienne)
- Heat the oil in the saucepan.
- Sauté garlic and ginger for about 30 seconds.
- Add in soy sauce, water, sugar, chili and sesame oil and bring to a boil, dissolving the sugar.
- Remove from heat and set aside for later.
- Heat a few Tbsp of oil in a clean frying pan and sauté eggplant and capsicum until golden brown.
- Add in the sauce and spring onions.
- Simmer for about 2 minutes.
- Serve.