

# SeacoastCAN (Climate Action NOW)

## Planted for the Planet

### Plant Based Recipes



photo by Bianca Zapatka (internet)

### SPICEY STIRFRY EGGPLANT & GARLIC

This simple eggplant recipe is aromatic and flavorful, and the generous amounts of fresh garlic make it extra healthy. This eggplant recipe makes a terrific vegetarian side dish or can be used as main dish with rice of your choice. . It also works with any type of eggplant - whatever is fresh and available where you live. You can also adjust the spice level in this eggplant recipe, taking it anywhere from mild to spicy hot, according to your liking. ENJOY!

**Prep Time:** 8 minutes

**Cook Time:** 10 minutes

**Total Time:** 18 minutes

## **Ingredients:**

- 1/2 cooking onion (purple onions work well for this recipe)
- 6 cloves garlic, minced
- 1-3 red chillies (including seeds), depending on how spicy you like it
- 1 Chinese (large, with dark purple skin) eggplant, or 2 (thinner, with light purple skin) Japanese eggplants
- 1/4 cup water for stir-frying
- 2-3 Tbsp. oil for stir-frying. (peanut oil)
- roughly 1/2 cup (or more) fresh basil
- 2 Tbsp. soy sauce or tamari
- SAUCE:
- 1+1/2 Tbsp. soy sauce or tamari
- 2 Tbsp. vegetarian oyster sauce, OR Vegetarian Stir-Fry Sauce
- 1 tsp. brown sugar
- 1 tsp. cornstarch mixed with 2 Tbsp. water (mix until cornstarch is dissolved)

## **Instructions:**

1. First, prepare sauce by mixing together all sauce ingredients except cornstarch. Prepare the cornstarch and water mixture in a separate cup or bowl. Set both aside.
2. Chop the eggplant up into bite-size pieces (be sure to leave the peel on - this is where most of the nutrients are).
3. Place 2-3 Tbsp. oil to a wok or large frying pan over medium-high heat. Add the onion, half of the garlic, chili, and eggplant. Reserve the rest of the garlic for later.
4. Stir-fry for 5 minutes. When the wok or frying pan becomes dry, add a little of the water (a few Tbsp. at a time) - enough to keep the ingredients frying nicely.
5. Add 2 Tbsp. tamari and continue stir-frying for 5 more minutes, or until the eggplant is soft and the white flesh is almost translucent. Add a little more water when the pan becomes too dry (up to 1/4 cup).
6. When the eggplant is soft, add the rest of the garlic plus the sauce. Stir fry to incorporate.

7. Lastly, add the cornstarch/water mixture. Stir well so that the sauce thickens uniformly (this will only take a minute or less). Remove from heat.
8. Taste test the eggplant for salt. If not salty enough add tamari or salt to your taste. If too salty, add 1 Tbsp. lime juice (or substitute 1 Tbsp. lemon juice).
9. Now add 3/4 of the fresh basil, stirring briefly to incorporate.
10. Slide onto a serving platter and sprinkle the rest of the basil over top. Serve with rice of your choice. Enjoy!