



Stir-Fry Eggplant

Ingredients:

¼ cup Soy Sauce

2 Tablespoons Sesame Oil

2 Tablespoons Sugar

1/3 cup Rice Vinegar

2-4 small eggplants

2 cloves garlic

Thai or sweet basil, rinsed

Sesame seeds (optional)

Directions:

Prepare the sauce by adding the soy sauce, sesame oil, sugar, and rice vinegar to a bowl and stirring until well mixed.

Slice the eggplant into bite-sized pieces. Mince the garlic. De-stem the Thai basil.

With a pan on high heat, add a couple tablespoons of oil. Then add the eggplant to the pan and stir until they begin to brown and soften. Add the garlic to the pan and cook, stirring for about 1 minute. Add the sauce to the pan and stir until the sauce reduces and there is no more liquid in the pan. Turn the burner off, plate the eggplant and top with Thai basil leaves and sesame seeds (optional). Enjoy!