Thai Basil Eggplant Stir Fry

1 medium eggplant

1 TBsp lemon juice

1 TBsp salt

2 cups tromboncino, diced

1 red capsicum, cut into short strips

3 spring onions, cut into 1 inch length

1 cup of Thai Basil Leaves

2 TBsp sunflower oil or cooking oil.

1 tsp fresh ginger

1 tsp chopped garlic

SAUCE

½ cup tamari soy sauce

4 TBsp Hoisin sauce

1 TBsp Chilli paste

2 tsp cornflour

Method

Slice eggplants lengthways ¾ inch thick, then into strips. 1 inch in length.

Place eggplants into water and add salt and lemon juice. Mix well. Allow to soak for about 15 mins. This helps keep the eggplant from browning and keeps the colour.

Remove from the water and pat dry with paper towel.

In a wok, warm oil over medium heat and add the eggplants. Toss to coat in oil. Stir fry the egg plant for about 5 mins or until they are cooked but not mushy. Remove and set aside.

Warm another tablespoon of oil and when smoking add the capsicum and spring onion strips. Cook stirring for 2 minutes. Keep moving so that they don’t burn/ turn the heat to medium.

Add the minced garlic and ginger half way through with a little water.

Add to the eggplant.

TO SERVE

Warm the wok over a medium heat. Put the veggies back in.

Whisk all the ingredients to make the sauce, mixing until the cornflour is incorporated.

Once the pan is hot, add the sauce, turn down the heat to low-medium and mix quickly until the sauce slightly thickens and coats the eggplant and veggies.

Add the Thai basil leaves and stir frequently for 2 minutes. Serve.