

Eggplant and Halloumi Ginger Stir Fry



Silky Eggplant stir fry with a punchy umami rich sauce. A quick and hearty dish that will tantalise the taste buds.

Ingredients

- 2 small eggplants, cut into large batons
- 225 halloumi, cut into slices
- 1 tbsp ginger, sliced into batons
- 2 garlic cloves, chopped
- 1 long red chilli
- 2 spring onions, sliced
- 2 tbsp oyster sauce
- 1/2 tbsp soy sauce
- 1 tbsp fish sauce
- 1 tsp sugar
- 1 lime, cut into wedges
- 1 tbsp cornflour, mixed with 2 tbsp water

1/2 cup basil, picked

1/2 cup coriander, roughly chopped

Method:

1. In a wok, stir fry eggplant over high heat with enough oil to coat them and cook till brown and translucent. Remove from heat, transfer to a plate and set aside.
2. In the same wok, add a drizzle of olive oil and stir fry the halloumi until golden brown, then add the garlic, ginger, chilli, spring onions and cook until fragrant. Return the cooked eggplant to the wok and toss before adding the oyster sauce, soy, fish sauce, sugar and cornflour slurry. Cook for a further 2 minutes and stir fry until well combined. Add the coriander and basil at the end, toss, and take it off the heat immediately and serve with brown rice.