

STICKY GINGER AUBERGINE

Serves 2

INGREDIENTS:

1 Large Aubergine
Cornflour
3 Garlic Cloves - minced
1 Inch Fresh Ginger
2 Spring Onions - finely sliced
1 Tbsp sugar
4 Tbsp Light Soy Sauce
4 Tbsp Water - to lighten the sauce

DIRECTIONS

Slice the aubergine into 1 cm discs.

Lightly coat the discs with some cornflour.

Gently heat a glug of olive oil in a frying pan then sauté the aubergine discs on a medium heat until golden brown - around 5 minutes on each side.

Set the aubergine aside.

Sauté the garlic and spring onions for a minute in the frying pan with a little olive oil.

Add the ginger, soy sauce and water to the pan and simmer for around 5 minutes or until the sauce thickens.

Return the aubergines to the pan and simmer for a further 5 minutes.

Turn the aubergine discs half way to ensure both sides are coated with the sauce.

Serve with some rice or rice noodles.