

Stir-fry aubergine and sun-dried tomatoes

Total time **20 mins** **12 mins** preparation time **8 mins** cooking time **10 mins** resting time

Nutritional facts (per portion):
795 kJ / 190 kcal

Fat: **22 g** Protein: **5 g**
Carbohydrates: **18 g**

INGREDIENTS

2 portion(s)

250 g	aubergine
1 tsp	salt
50 ml	vegetable oil
60 g	red onion, sliced into thin wedges
2	garlic cloves, finely chopped
100 g	celery stalks, sliced into 2 cm-thick pieces
60 g	sun-dried tomatoes in oil
60 g	yellow cherry tomatoes
30 ml	<u>Kikkoman Naturally Brewed Soy Sauce</u>
1 pinch	of black pepper
Garnish:	
2 tbsp	fresh basil
1 tbsp	toasted sesame seeds

PREPARATION

Step 1

250 g aubergine - **1 tsp** salt - **30 ml** vegetable oil
Dice the aubergine into 3 x 3 cm cubes and sprinkle with the salt. Leave to stand for 10 minutes, then pat dry with paper towels to remove excess moisture. Heat a wok with the oil and fry the aubergine for 4-5 minutes until golden. Transfer to a bowl and set aside.

Step 2

20 ml vegetable oil - **60 g** red onion, sliced into thin wedges - **2** garlic cloves, finely chopped - **100 g** celery stalks, sliced into 2 cm-thick pieces
Heat the oil in the same wok, add the onion, garlic and celery and stir-fry for 1-2 minutes.

Step 3

60 g sun-dried tomatoes in oil - **60 g** yellow cherry tomatoes - **30 ml** Kikkoman Naturally Brewed Soy Sauce - **1 pinch** of black pepper - **2 tbsp** fresh basil - **1 tbsp** toasted sesame seeds
Drain and slice the sun-dried tomatoes into strips. Add them to the wok from Step 2 along with the cherry tomatoes and cooked aubergine. Season with the Kikkoman Soy Sauce and stir-fry for 1-2 minutes. Add the black pepper and mix well. Garnish with the basil and sesame seeds.