

# Stir-fry aubergine and sun-dried tomatoes

Total time **20 mins** Preparation time **12 mins** Cooking time **8 mins** Resting time **10 mins**

Nutritional facts (per portion):

**795 kJ / 190 kcal**

Fat: **22 g** Protein: **5 g**

Carbohydrates: **18 g**

## INGREDIENTS

**2 portion(s)**

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