Ginger Eggplant Stirfry



Try your hand at this sweet and spicy eggplant dish for a Thanksgiving side this year. It's a tangy, sweet, spicy, warm and aromatic dish that will make your mouth water and fill your house with a delicious fragrance as you prepare the rest of your Thanksgiving meal.

Timing

Prep time	Total time	Skill level
		Easy

What You'll Need

- 2 mini eggplants
- Sea salt
- 1 1/2 tbsp tamari
- 2 tbsp mirin vinegar or rice vinegar
- 1 tsp sugar
- 1 1/2 tbsp grated fresh ginger
- 2 cloves garlic, chopped
- 2 tbsp olive oil
- 2 cups sweet bell peppers, cut into strips
- 1 1/2 cups snow peas, cut into 1-inch piece or snow peas, cut in half
- 1/2 cup chopped white onions

- 1/4 tsp red pepper flakes (optional)

Directions

1. Slice the eggplant and salt each piece.
2. Meanwhile mix the tamari, vinegar, sugar, ginger, and garlic together in a small bowl.
3. Heat a large saucepan on medium to high heat. Add the eggplant slices and brown on each side. Remove from the pan and cut each slice into quarters.
4. Return the saucepan to the stove and add the onions, and lightly sauté. Add the peppers and or snow peas. Add the tamari mixture. Lightly sauté the vegetables.
5. Add the eggplant back in and continue to sauté until all the vegetables are soft. Remove from the pan and serve.