



Eggplants with Minced Pork

Ingredients:

Minced lean pork	160 g
Eggplants, small	3 pieces
Garlic, finely chopped	2 teaspoons
Vegetable oil	1 ½ tablespoons

(Serves about 4 persons)



Seasoning:

Soy sauce (marinade)	2 teaspoons
White pepper (marinade)	Small amount
Sugar (marinade)	½ teaspoon
Cornstarch (marinade)	½ teaspoon
Water (marinade)	1 tablespoon

Sauce:

Salt	½ teaspoon
Soy sauce	1 teaspoon
Sesame oil	½ teaspoon
White pepper	Small amount
Sugar	½ teaspoon
Water	3 tablespoons

Method:

1. Mix together the minced pork and the marinade, leave for a while.
2. Rinse, trim, and cut the eggplants into wedges.
3. Stir-fry the garlic with ½ tablespoon of oil in a non-stick wok / pan. Stir-fry the minced pork to medium well. Take out and set aside.
4. Fry the eggplants with 1 tablespoon of oil. Add some water and cook until softened. Then add in the minced pork and seasoning sauce and simmer until the pork is thoroughly cooked.

食譜

Recipes



Nutrition Tips

1. Minced pork sold in the market is generally high in fat. It is advised to buy lean pork and then have it minced.
2. Eggplants absorb much oil during cooking. Adding some water after pan-frying can reduce the use of oil.