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Aubergine and Chilli Stir Fry



Ingredients

1 large aubergine
A small bunch of spring onions Half a yellow pepper Half a red pepper 1 red chilli 2 fat cloves of garlic A small piece of root ginger 3 tablespoons of sunflower oil 4 tablespoons of tomato puree A quarter teaspoon of crushed chillies Salt and freshly milled black pepper 3 tablespoons of light soy sauce 1 tablespoon of rice vinegar A teaspoon of sugar 200ml hot vegetable stock 150-200g fresh rice noodles A small bunch of fresh coriander

Preparation

1. 1. First prepare the vegetables. Quarter the aubergine lengthways then cut it into thin slices. Trim and chop the spring onions into short lengths. Deseed and chop the peppers into short thin strips. Deseed and finely chop the chilli. Peel and grate the ginger. Peel the garlic.
2. 2. Heat 2 tablespoons of sunflower oil in a large wok and, when it is hot, tip in the aubergine slices and stir fry them for about 4 minutes, until they begin to brown. Lift them out onto a plate. 3. Add another tablespoon of oil to the wok and add the chopped peppers
3. stir fry them for just a minute or two. Stir in the fresh chilli and the grated ginger, crush the garlic and add that too, and cook for another minute. 4. Put the tomato puree and crushed chillies into the wok and stir, with a grinding of salt and black pepper. Tip the aubergines back in and mix together. 5. Add the hot stock and stir, then allow to simmer gently for 4-5 minutes to cook the aubergine through, stirring occasionally. 6. Spoon in the soy sauce and the vinegar, sprinkle in the sugar and stir. Add the rice noodles and combine with the vegetables, cooking briefly just to heat the noodles through. [I used ready-to-wok noodles
4. if you use dried ones, just follow the directions on the packet.] Serve garnished with chopped coriander.

Cooks Note

- **You may prefer to serve the aubergine stir fry on top of a bed of noodles rather than combining them. Or, serve it with jasmine rice instead of noodles.**
- **If you'd like to reduce the spicy heat, just omit the crushed chillies, or maybe use a little mild chilli powder instead.**