

Eggplant With Shrimp & Garlic Sauce

Serves 3-5

INGREDIENTS

Shrimp

- 1 lb shrimp (peel and devein)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Sauce

- 2 tablespoons granulated white sugar
- 2 tablespoons all-purpose soy sauce
- 2 tablespoons oyster sauce
- 1 teaspoon sesame oil
- 1 teaspoon tapioca starch dissolve with 1 tablespoon cold water

Vegetables & Other Ingredients

- 2 tablespoons vegetable oil
- 3 garlic cloves (peel and mince)
- 1-2 teaspoons red pepper flakes (optional for heat)
- 1 cup water
- 2 large Chinese eggplants (2 lbs; cut into 1-inch half-circles)
- 2 stalks green onions (slice thin; separate whites and greens)

INSTRUCTIONS

1. Season shrimp with salt and pepper. Set aside.
2. In a small bowl, mix together sugar, soy sauce, oyster sauce, sesame oil and slurry (tapioca starch and water) until completely dissolved. Set aside.
3. Heat vegetable oil in a large skillet on medium high (use one with a lid). Add garlic, white of green onions and red chili flakes (optional for heat). Saute until fragrant (around 20 seconds). Add shrimp and cook until they just turn opaque (white and pink). Remove shrimp from skillet and set aside.
4. In the now empty skillet, add eggplant and water. Cover with lid and simmer on low for about 5 minutes until fork tender. Do not overcook. Otherwise eggplant will turn to mush). There should not be much or any water left in the skillet once eggplants are done.
5. Toss in the cooked shrimp and add the sauce made earlier. Cook on low until sauce thickens (1-2 minutes). Garnish with the green part of the green onions. Serve with steamed rice for a complete meal.