

JOAN'S EGG PLANT WITH PORK MINCE STIR FRY

500–750g Pork Mince

250g jar of “Lee Kum Kee” Garlic and Black Bean Sauce
(from Miranda Chinese Supermarket)

2 or 3 Egg Plant (depending on size and your taste)

Shallots

Brown Pork Mince lightly in a little olive oil (or cooking oil) in a pan (I use a large saucepan)

Add enough diced Egg Plant to suit your taste

Stir in 125g (half) of the Sauce (refrigerate remainder)

Cover pan with lid and let simmer until Egg Plant soft

Stir in chopped Shallot just before serving

Serve with boiled/steamed brown or white rice and seasonal greens from MCG.

Note: If you don't have a jar of garlic and black bean sauce you will need some fresh Garlic, Ginger and Chilli – chop them finely. Put all the chopped herbs in the pan with some cooking oil on medium heat – bring out the flavours first.

Then add the pork mince, season then brown until it's almost cooked. Add the diced egg plants and add in some sesame oil/fish sauce/soy sauce. Stir then put on the lid and let it simmer until egg plant soft.