Black bean chilli eggplant

About 25 minutes · Serves 2



Ingredients

- 2 medium eggplants, cut into short batons
- 1 tbsp Tian Fu black bean chilli sauce
- 2 garlic cloves, minced; 1 tbsp cooking oil
- 80 ml water; 1 tsp rice vinegar; ½ tsp sugar
- 1 spring onion, sliced; cooked rice, to serve

Method

1. Steam the eggplant for 8–10 minutes until just tender.
2. Heat the oil in a pan. Briefly cook the garlic, then stir in the black bean chilli sauce, water, vinegar and sugar.
3. Add the eggplant and gently simmer for 3–5 minutes until coated in the sauce. Finish with spring onion and serve over rice.

Adjust the sauce and spice level to your taste.

Made with Tian Fu



Black bean chili sauce

275g / 9oz.

Cooking times are approximate. Check product labels for ingredients and allergens.