



### **GARLIC-GINGER SAUTÉED GREEN BEANS & EGGPLANT**

Recipe by Natural Gourmet Institute

YIELD: 6-8 SERVINGS

#### **Ingredients:**

- 4 tablespoons sesame oil (or other neutral oil), divided
- 1 tablespoon minced garlic\* (4-5 cloves)
- 1 tablespoon minced ginger\*
- 1 pound green beans,\* stemmed, cut into 2-inch pieces
- 2 pounds Asian eggplant,\* quartered lengthwise, then sliced into ½ inch-thick sticks
- ¼ cup shoyu or tamari
- 2 teaspoons mirin
- 2 teaspoons toasted sesame oil
- ¼ cup chopped cilantro\*

#### **Procedure:**

1. In a large skillet, heat 2 tablespoons sesame oil over medium heat. Add garlic and ginger and cook until fragrant and lightly golden, about 1 minute.
2. Add green beans and sauté until tender, 2-3 minutes. Transfer to a bowl; set aside.
3. Add remaining 2 tablespoons sesame oil to skillet. When oil begins to shimmer, add eggplant. Sauté until tender and browned, about 5 minutes.
4. Add shoyu and mirin; cook until dissolved. Stir in green beans and toasted sesame oil; cook for 1 minute.
5. Sprinkle with cilantro and serve.

***\*Ingredients available seasonally at your neighborhood Greenmarket***

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