

Aubergine & udon stir fry

This quick & easy vegan stir fry is a cheap & easy midweek meal once you have the basic store cupboard ingredients. Ketjap manis can be a little hard to get hold of, hoisin or oyster sauce make good substitutes if you cannot find it. Just bear in mind that using oyster sauce will stop this dish being veggie or vegan.

DIRECTIONS

1. Start by preparing your vegetables. Cut the aubergine into 2cm x 4cm batons, finely mince the ginger & garlic, dice the chilli & slice the spring onions.
2. Then prepare your stir fry sauce. In a bowl, combine the ketjap manis, soy sauce & sriracha.
3. Roughly chop the cashew nuts & toast in a dry pan for a few minutes until they just begin to brown, then set aside.
4. Next, heat the oil in a wok over medium high heat & fry your aubergine for 5-6 minutes until browned & softened. Then add in your ginger, garlic, white ends of the spring onions & red chilli - saving a little chilli for garnish.

5. Add the noodles to the wok & cook according to package instructions, then pour over the sauce & stir to combine along with the toasted cashews.

6. To serve, pile the noodles & aubergine into bowls & garnish with any leftover chilli, the green tops of the spring onions & the sesame seeds.

Nutritional information: Calories - 313 Fat - 4g
Carbs - 60g Sugars - 4g Fibre - 12g Protein - 12g
Salt - 0.7g

SERVES 4



INGREDIENTS

- 2 medium aubergines
- 2-inch piece of fresh ginger
- 2 cloves garlic
- ½ red chilli
- 2 spring onions
- 2 tbsp ketjap manis (you can sub in hoisin or oyster sauce if you need)
- 2 tbsp soy sauce
- 2 tsp sriracha
- 20 cashew nuts
- 1 tsp neutral oil, such as vegetable or sunflower oil
- 4 x 150g wok ready udon noodle packs
- 2 tsp black or white sesame seeds

