

# Eggplant Green Bean Stir-Fry

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*Adapted from the woksoflife.com*

Recipe type: main dish

Serves: 4

Time: 20 minutes

## Ingredients

- 3 tablespoons cooking oil, divided
- 8 oz. green beans
- 1 bell pepper, de-seeded and julienned
- 1 large eggplant (8 oz.), cubed
- 2 thin slices ginger, minced
- 6 cloves garlic, smashed and chopped
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce (or an additional teaspoon of soy sauce)
- Salt and pepper to taste

## Directions

1. Heat 1 tablespoon of oil in a large frying pan over medium heat. Add the green beans and bell peppers and cook 3-4 minutes, until they are tender. Place the veggies in a bowl.
2. Add the remaining 2 tablespoons oil, ginger, garlic, and eggplant to the pan and cook until the eggplant is tender. Add the green beans and bell peppers back in, stir in the soy sauce and oyster sauce, and season with salt and pepper to taste. Serve hot with rice.