

This recipe is taken from the cook book, **FRESH CHINESE**; written by Chinese National Healthy Living Centre nutritionist Wynnie Chan, forwarded by Ken Hom. **Fresh Chinese** brings you a feast of over 80 mouthwatering recipes that won't pile on the pounds.

Sea-spiced Aubergines

This dish comes from Szechuan and is sometimes referred to as fish fragrant aubergine because the combination of spices is usually used to cook fish dishes. This version is less spicy than the traditional recipe but equally delicious. Discard the chilli seeds if you prefer a mildly flavoured dish. It should be served with an equally hearty dish such as Spicy fish balls with Sweet and Sour Sauce (see page 80).

INGREDIENTS 750 g (1 1/2 lb) aubergines • 1/2 tablespoon olive oil • 4–5 garlic cloves, finely chopped • 2 slices fresh root ginger, peeled and finely chopped • 1 red chilli, sliced • 50 ml (2 fl oz) Vegetable Stock (see page 17) • 1 tablespoon yellow bean sauce • 1 tablespoon Chinese rice wine or dry sherry • 1 teaspoon shoyu or tamari sauce • 2 spring onions, chopped, to serve

CORNFLOUR PASTE 1 teaspoon cornflour mixed with 1 tablespoon water

ONE Put the whole aubergines in a foil-lined roasting tin and bake in the centre of a preheated oven, 200°C (400°F), Gas Mark 6, for 30–35 minutes until they are soft and wrinkly. Remove and set aside to cool, then cut them into 2.5 cm (1 inch) cubes.

TWO Heat the oil in a nonstick sauté pan over a high heat until hot, add the garlic, ginger and chilli and stir-fry for a few seconds until fragrant. Stir in the stock, yellow bean sauce, rice wine and shoyu sauce and bring to the boil.

THREE Add the aubergine cubes to the sauce and simmer for about 5 minutes.

FOUR Slowly stir in the cornflour paste and cook until the sauce has thickened and turned transparent.

FIVE Sprinkle with spring onions and serve immediately.

Serves 4 with 2 other main dishes.

NUTRIENT ANALYSIS PER

SERVING 275 kJ – 65 kcal – 2.5 g protein
– 8.1 g carbohydrate – 4.7 g sugar – 2.4 g fat
– 0.4 g saturates – 4.2 g fibre – 124 mg sodium.

HEALTHY TIP Aubergines can absorb large amounts of oil during cooking. If a recipe calls for aubergine slices, soaking them beforehand in salted water draws out the bitter juices and makes the flesh more dense and less likely to absorb large quantities of fat.

