

Chinese Sweet & Sour Eggplant

Serves 6 with rice

Ingredients for the Sweet & Sour Sauce:

3 Tbsp Meijer Soy Sauce
¼ cup Fresh squeezed mandarin juice
2 Tbsp Seasoned rice vinegar
2 Tbsp Brown sugar
2 Tbsp Mirin (rice wine for cooking; not sake)
2 Tbsp Cornstarch

Ingredients for the Stir Fry:

1 Large Chinese eggplant, sliced into half-moons (about 3 cups)
1 cup Medium diced sweet onion
2 cups Meijer Pineapple Chunks



Directions for the Sweet & Sour Sauce:

1. In a small bowl, whisk together all the ingredients until the cornstarch is completely dissolved; set aside.

Directions for the Stir Fry:

1. Toss the eggplant with 1 Tbsp of kosher salt and drain over paper towels for 20 minutes. Pat them dry before proceeding to step 2. (This is optional but it removes some of the bitterness of the eggplant.)
2. Set a large skillet or wok over medium-high heat. Add 2 Tbsp vegetable oil and the eggplant and cook, stirring occasionally until golden brown (about 5 minutes).
3. Add the onion and continue to cook for another 2 minutes or until they become translucent.
4. Add the pineapple and cook for an additional 1 minute.
5. Stir the sauce to redistribute the cornstarch and pour quickly into the pan.
6. Remove the pan from the heat and toss everything a few times until the sauce thickens and coats the vegetables.
7. Transfer to a serving dish and garnish with sliced green onion. Serve with steamed white or brown rice. Enjoy!