Coriander Beef & Aubergines

NIBBLEDISH CONTRIBUTOR

Ingredients

- Some beef, sliced thin. (I used about a fistful of beef.)
- One Japanese aubergine (eggplant), cut into circles then cut into halves.
- One green bell pepper, chopped up.
- 1 1/2 cup of white mushrooms or shiitake, sliced into pieces.
- 1 medium onion, cut into pieces.
- 2 cloves of garlic, minced.
- Some broccoli stems
- Some potato starch or cornstarch
- White pepper
- Salt and black pepper
- Red pepper flakes
- 1/4 cup of soysauce
- Cooking oil
- 1/2 cup of chicken broth or beef broth
- Green onions, chopped
- Freshly chopped coriander

Instructions

I love eggplants, and this recipe is versatile. You can add and adjust flavours, and add more or less veggies if you like.
Even my picky-eater little brother liked it!

1. Take your beef slices and combine the garlic, white pepper, black pepper, salt

and some potato starch in a container. Mix well and refrigerate for 20 minutes.

2. Boil a small pot of salted water, putting the aubergines in. Let it cook in the pot to soften. Remove afterwards and set aside.
3. In a big heated wok, put oil. Add the onions and mushrooms.
4. Add the other vegetables and beef.
5. Stirfry until the vegetables are relatively cooked.
6. Add more potato starch in the mixture, then add the chicken broth.
7. Add the soy sauce, salt and pepper (if desired) and keep cooking.
8. Add red pepper flakes and chopped green onions.
9. Serve with corinader generously on top. Serve with white, brown rice or egg/rice noodles. Enjoy.

Note:
To make it vegetarian omit the beef and put tofu, and replace broth with water or veggie broth.