



## Thai Eggplant Basil Stirfry

*Stirfry your way to perfection. Simple, huge flavour and lots of crunch. Healthy options for your family...*

*Thai Away coconut Curry sauces are ALL Natural, made with fragrant fresh Thai herbs and the highest quality coconut milk.*

[www.thaiaway.com](http://www.thaiaway.com)



## THAI EGGPLANT BASIL STIRFRY

### Ingredients:

- 1 cup of chicken or tofu (fried tofu is best)
- 2 tbsp oil
- 1 cup eggplant (Japanese is best)
- ½ cup green pepper
- ½ cup red pepper
- ½ cup onion
- 1 tsp chopped garlic
- 4 oz water or chicken broth
- ¼ tsp cornstarch (optional)
- 4 tbsp Thai Away Thai Sweet Basil sauce (available at Thai Away restaurants)

### Instructions:

1. Slice eggplant, peppers and onions into thin pieces
2. Blanch chicken in boiling water for 1 minute
3. Heat pan with oil, add garlic, eggplant and onions and sauté for 1-2 minutes
4. Add peppers and lightly sauté
5. Add chicken broth or water, Thai Away Thai Basil sauce, chicken or tofu and toss in pan until lightly cooked
6. Add cornstarch and water to thicken (optional)
7. Serve with Thai Jasmine rice