

# Air-Fried Eggplant in Spicy Garlic Sauce with Jicama

## Ingredients

- 3 long Chinese eggplants
- 2 tsp. salt
- Spray vegetable oil
- 2 cloves of garlic, minced
- 1-inch piece of ginger, cut into matchsticks
- 1 jalapeño, diced finely
- ¼-1/2 red onion, diced finely
- 1 bell pepper, cut into small chunks
- ½ lb. jicama, cut into matchsticks
- Cilantro, chopped for garnish

## For the sauce:

- ¼ cup soy sauce
- 1 tbsp. corn starch
- 1 tbsp. garlic-chili sauce
- 1 tbsp. brown sugar
- 1 tsp. rice wine vinegar
- 1 tsp. sesame oil
- ½ cup water

## Steps

1. Chop the eggplant into bite-sized pieces, and place in a bowl of water along with the two teaspoons of salt and allow to soak for 15 minutes. After it has soaked, drain and pat dry with a towel. Preheat your air fryer to 400°F (200°C) and spray the drawer with vegetable oil. Add your eggplant in a single layer (you may need multiple batches), spray with vegetable oil, and allow to fry for 10-15 minutes, taking it out once to shake and re-apply the oil. Repeat until all the eggplant is cooked.

2. Add all the ingredients for the sauce into a container, whisk until integrated, and set aside. Put a little oil in a large skillet and heat. Add the garlic, ginger, and jalapeños, and sauté for 1-2 minutes before adding the onion and bell pepper. Cook for another 3 or so minutes, until the vegetables begin to soften, before pouring the



sauce into the skillet. Cook while stirring, until the sauce has thickened.

3. Add the jicama, and toss until completely coated in the sauce. Finally add the air-fried eggplant, and continue stirring until completely coated. Garnish with chopped cilantro, and serve with rice, noodles, or alone.