

# Spicy Numbing Lemongrass Eggplant Over Rice

## Ingredients

- 2 medium sized eggplants
- 1 cup cherry tomatoes, halved
- 2 stalks lemongrass, white parts only and finely chopped
- 2 green onions, sliced
- 1 or 2 spilanthes stalks, minced (creates numbing effect)
- 4 cloves garlic, minced
- 1 small sweet pepper, thinly sliced
- 1 or 2 Thai hot peppers, thinly sliced (adjust quantity according to desired level of spice)
- 3 T coconut aminos or soy sauce
- 1 T rice vinegar
- 1/2 tsp salt (adjust to taste)
- 1/2 cup vegetable broth
- 2 cups cooked jasmine rice
- Fresh cilantro or basil, for garnish

Trim the ends of the eggplants and cut them into bite-sized cubes. In a colander, place the eggplant cubes and sprinkle with salt. Let them sit for about 15 minutes. Rinse the eggplant cubes under cold water and pat them dry with a paper towel.

In a large skillet or wok, heat a tablespoon of oil over medium-high heat. Add the minced garlic, chopped lemongrass, spilanthes and sliced green onions. Sauté for about 2 minutes until fragrant and lightly golden. Add the eggplant cubes to the skillet and stir-fry for 5-7 minutes until they start to soften and turn golden brown. Add the sweet pepper slices and Thai hot peppers. Continue cooking for another 2 minutes.



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In a small bowl, whisk together the coconut aminos, rice vinegar, salt and vegetable broth. Pour the sauce mixture over the eggplant and vegetables in the skillet. Reduce the heat to medium-low, cover the skillet, and let it simmer for 5-7 minutes until the eggplant is tender and cooked through. Uncover the skillet and add the halved cherry tomatoes. Gently stir everything together and cook for an additional 2-3 minutes until the tomatoes are slightly softened but still hold their shape.

Fluff the cooked jasmine rice with a fork and divide it among serving plates. Spoon the spicy lemongrass eggplant mixture over the rice. Garnish with fresh cilantro or basil leaves if desired.

Enjoy your delicious Spicy Lemongrass Eggplant Over Rice! Adjust the level of spiciness according to your preference by adding more or fewer Thai hot peppers.

*Recipe by Chef Natalie Fisher-Chavez*



ATLANTA BOTANICAL GARDEN