PUMPKIN AND ZUCCHINI SWEET SOY STIR-FRY

INGREDIENTS

- 1 kg pumpkin
- 1 brown onion
- 2 garlic cloves
- 2 zucchini medium
- 1 medium eggplant
- 1 Bok Choy
- 2 eggs
- 1/4 cup kecap manis
- 2 tablespoons oyster sauce
- 1/2 teaspoon pepper
- 1 tablespoons oil
- 1 or 2 nashi pear cut into thin slices

METHOD

- Peel the pumpkin and cut into 2cm pieces
- Place the pumpkin in a microwave safe bowl cover with cling wrap and cook for 3 minutes on high in microwave.
- Combine the kecap manis, oyster sauce and pepper in a small bowl
- Cut the onion into thin wedges and slice the garlic finely
- Heat wok over a high heat & add half the oil and swirl to coat the wok.
- Add the onion and garlic and stir-fry until soft about 2 minutes
- Halve the zucchini lengthwise and slice on the diagonal
- Cut the eggplant into 2cm pieces
- Add the remaining oil then the zucchini and eggplant and stir fry for about 4 minutes until tender.
- Slice the Bok Choy into long strips
- Add the pumpkin and Bok Choy and stir-fry for 2 mins.
- Beat the eggs in a small bowl with a fork and add to the wok, cook for 1 minute then add the sauce mixture for 1 - 2 minutes
- Slice the nashi pear thinly and sprinkle on top
- Serve.