

Vegetable Agebitashi

Vegetarian or Vegan

Difficulty 

Preparation Time: 5-10mins

Cooking Time: 15-20mins



Ingredients

- Sliced pumpkin, pepper, aubergine, lotus root or any vegetable of your choice.
- Oil for frying
- Ginger
- Light soy sauce (usukuchi shoyu)

(You can also use ponzu for the sauce!)

Method

- Heat a pan with oil for frying
- As the oil heats grate 50g ginger
- Add ginger to a shallow dish with light soy sauce (the sauce should line the bottom half of the dish)
- Drop sliced vegetables into the hot oil
- Fry the vegetables until golden (2-5 mins)
- Using cooking chopsticks (if you can) drop the vegetables into the sauce dish
- Leave vegetables to absorb for 10-20mins

Recipe from my host mum!