

Wagyu and Eggplant Miso Stir-Fry



528 kcal
(per serving)



25 min



Wagyu and blanched eggplant are stir-fried in a delicious miso-flavored sauce. Serve with rice or wrapped in a leaf of lettuce.

Makes 2 servings

Wagyu chuck	160 g
Eggplant	2 (140 g)
Ginger	5 g
Myoga (optional)	1 (15 g)
Shiso leaf (or chives)	2
Salt	Pinch
Pepper	Pinch
Oil for frying	
Vegetable oil	1 tablespoon
Sauce	
Water	50 ml
Mirin	1 tablespoon
Soy sauce	1/2 tablespoon
Sake	1/2 tablespoon
Sugar	1/2 tablespoon
Miso	1 tablespoon
Gochujang	1 teaspoon
Chicken stock powder	1/4 teaspoon

1. Cut eggplant into rounds about 1 cm thick. Heat up enough oil in a frying pan to a depth of about 1 cm. Blanch eggplant in medium hot oil for about 1 minute.
2. Drain eggplant on paper towels to remove excess oil.
3. Mince the ginger. Cut Wagyu chuck into bite-sized pieces about 3 by 5 cm and season with pepper. Heat up 1 tablespoon of oil in a frying pan and saute minced ginger and beef for about 4 minutes until browned.
4. Make the sauce by mixing together all ingredients.
5. Add blanched eggplant and sauce to pan, stir-frying over medium-high heat until sauce thickens. Season with salt and pepper.
6. Transfer to plate and garnish with chiffonade of shiso leaf or thinly sliced myoga.