

Wagyu-Wrapped Eggplant



393 kcal
(per serving)



25 min



Beef-wrapped vegetables are a popular dish that is often made in Japanese home kitchens. Sweet teriyaki sauce goes well with rice.

Makes 2 servings

Wagyu bottom round (sliced)	200 g
Eggplant	2 (140 g)
Green onions	6 g
Potato starch	2 tablespoons
Salt	Pinch
Pepper	Pinch
Vegetable oil	1 tablespoon
Sauce	
Soy sauce	3 tablespoons
Sugar	3 tablespoons
Sake	3 tablespoons
Mirin	2 tablespoons

1. Chop the eggplants into 3 pieces, then cut each piece lengthwise.
2. Season the Wagyu round with salt and pepper, then wrap the slices of meat around the pieces of eggplant.
3. Coat each beef-wrapped eggplant with potato starch.
4. In a bowl, combine the sauce ingredients (soy sauce, sugar, sake, mirin).
5. Heat oil in a frying pan and saute the beef-wrapped eggplant over medium heat while turning constantly for about 3 or 4 minutes.
6. When the meat has browned, add the sauce to the pan. Saute over low heat for another 4 or 5 minutes for the sauce to be absorbed.
7. Transfer to a plate and garnish with finely chopped green onions.