



Cold Taiwanese eggplant

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Ingredients

- 4 Gourmet Vegies Supa Vege Little Finger Eggplants, chopped
- 1 tablespoon soy sauce
- ½ tablespoon cold water
- 1 teaspoon black vinegar
- 1 tablespoon Hidden Valley Coriander, chopped
- 1 teaspoon minced garlic
- 1 tablespoon chopped red chilli, deseeded if you desire

Method

1. Place saucepan on high heat, bring water to the boil and placing steamer atop.
2. Chop little Gourmet Vegies Supa Vege Little Finger Eggplants into 3 cm segments. Place into steamer.
3. In a bowl mix together soy sauce, cold water, black vinegar, chopped Hidden Valley Coriander, minced garlic and chopped red chilli.
4. Once eggplants are tender, transfer to a bowl and toss with dressing.
5. Allow to cool, serve chilled.

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Chicken Chow Mein

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Ingredients

- chicken breast, diced
- 1 teaspoon rice wine vinegar
- ½ tablespoon sweet soy sauce
- ½ tablespoon soy sauce
- 1 teaspoon mirin
- 1 teaspoon vegetable oil
- 1 teaspoon brown sugar
- 2 tablespoons vegetable oil
- 1 teaspoon chopped fresh ginger
- ½ cup Gourmet Vegies Purple Carrots, chopped
- ½ red capsicum, sliced
- 2 spring onions, chopped
- 200g water chestnuts, drained and diced
- 1 jalapeno, or 1/3 cup jarred jalapenos, chopped
- 50g alfalfa sprouts
- ½ cup Hidden Valley Coriander, chopped
- 8 crisp leaves from Pohlmans Quick Start Iceberg Lettuce

Method

1. Place wok on high heat, add vegetable oil and chicken pieces. Fry for 2 minutes or until lightly golden. Set chicken pieces aside.
2. Place rice wine vinegar, sweet soy sauce, soy sauce, mirin, vegetable oil and brown sugar into a jar (or bowl) and shake to emulsify.
3. Pour mixture over chicken pieces, cover and refrigerate to marinate.
4. Wipe the wok out quickly with some paper towel. Add remaining vegetable oil.
5. Add ginger to hot wok, fry off until fragrant.
6. Add the Gourmet Vegies Purple Carrots, red capsicum, spring onions, red onion, sprouts, water chestnuts, jalapeno and Hidden Valley Coriander leaves. Stir to combine.
7. Add chicken mixture to wok, reheating and coating the vegetables with the marinade.
8. Serve inside crispy Quick Start Iceberg Lettuce leaves.