

Eggplant with Thai Basil

Begin by boiling one bowl of water in your hot wok

Add:

- 1 small hand mushrooms
- 1 small hand sliced carrots
- 1 large hand Thai eggplant (pre-soaked in water to keep it from turning dark)

Cook until softened. Scoop out veggies and dump water. Keep veggies in a bowl while you cook sauce

In your hot wok combine:

- 1 small hand tofu cubes
- 1 t chopped chilies
- 1 t chopped garlic
- 1 T soy
- 1 T mushroom sauce
- 3 T water
- 1 T miso paste

Once sauce is heated add generous amounts of fresh basil, water (as needed), and veggies. Stir to combine and reheat veggies



