

Bitter Melon Stir-fry



Recipe by: moongardens.org

Ingredients

- 1 medium bitter melon
- 1 medium Japanese long eggplant
- 1/2 medium yellow onion
- 2 inch piece of ginger
- 3 Garlic cloves
- 1/2 lb. of ground pork or firm tofu (or a mixture)
- 2 Tbsp. Sriracha chili sauce
- 3 Tbsp. Dark soy sauce



Directions

1. Prep the veggies by slicing: bitter melon into 1/2" half circles, 1 Japanese eggplant into 1" pieces then cut in half and finally into thirds, onion, and ginger into slivers. Mince the garlic.
2. On medium heat, add oil to your wok enough to cover the bottom of your pan, but if using tofu you may need to add a little more.
3. Brown the pork or tofu, and once browned add 1 Tbsp. dark soy sauce, ginger, and the minced garlic. Continue frying for a minute or two.
4. Bring the heat up to medium-high and add the onion slices and 1 Tbsp. of sriracha sauce followed by the eggplant and 1Tbsp. Dark soy sauce. Adjust the heat as needed.
5. Once the eggplant is soft, add the bitter melon to the stir fry, 1 Tbsp. sriracha, and a little water/cornstarch mixture if sticking to your pan.
6. Taste and adjust, add more Siracha sauce and/or dark soy sauce.
7. Remove from heat and cover, let sit for a couple of minutes before enjoying over some rice.

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