

Sticky Aubergine with Soy Dressing, Red Pepper, Onion and Sweet Potato Wedges

My mother had an aubergine in her last grocery order because she wanted to give it a try (she didn't like it the last time she had it) so while surfing the net I've made an interpretation on [this recipe](#) by Tony Tobin.



Ingredients

- **1 Aubergine**
- **1 Red Pepper**
- **1 Red Onion**
- **1 Sweet Potato**
- **2 Spring Onions**
- **2 Tsp Garlic Granules**
- **Chilli Flakes**
- **Olive Oil**
- **2 Tbs of Honey**
- **1 Tbs of Soy Sauce**
- **Salt and Pepper**

Also Needed

- **Wok/Frying Pan, Bowl**
- **Knife**
- **Oven Proof Dish**
- **Chopping Board**
- **Spoons**
- **Table Spoon**

Method:

- 1** Preheat an oven to 200⁰C
- 2** Mix in a bowl honey, soy sauce and a big pinch of chilli flakes.
- 3** Cut the aubergine cubes and then place in the bowl with the chilli, soy and honey sauce. Allow to marinade for about half an hour.
- 4** Chop the onion, and red pepper and set aside in containers for when you're going to cook them. Cut the sweet potato into cubes, wedges, chips or however you want them.

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- 5 Place the sweet potato in an oven proof dish and cook in the oven for 15 – 20 minutes (may be longer depending on the potatoes and oven you have. Cook until golden brown and soft).
- 6 Heat olive oil in a wok or frying pan. When the oil is hot add the onion garlic granules. Stir-fry until the onion has softened, if you like spice you can add some more chilli flakes at this point.
- 7 Add the red pepper and continue to stir-fry until the pepper has softened.



- 8 Once softened add the aubergine and continue to stir-fry for about five minutes. Keep cooking until the aubergine has softened.
- 9 Chop up a couple of spring onion; i've cut them on the diagonal to look chefy.



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- 10** Serve the aubergine alongside the sweet potatoes. Sprinkle over the spring onions for a finishing touch. I would strongly recommend cutting the sweet potato smaller.

