



Garlic Eggplant

Stir-fries are the best way to get in your veggies when a salad just won't do during the cold winter months! The key to a great stir-fry is high heat and flavorful sauce, and this garlic eggplant recipe has both – soft, creamy eggplants are stir-fried quickly in a sweet and tangy sauce filled with powerful aromatics that is bound to make you say yum.

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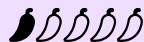
MINUTES

3

SERVINGS

10

INGREDIENTS



SPICE LEVEL

Garlic Eggplant

INGREDIENTS

- 1 lb Japanese eggplant
- 2 tbsp white sugar
- 1/2 lb ground pork
- 2 tbsp cornstarch
- 1 tbsp shaoxing cooking wine
- 4 tbsp water
- 1 tbsp minced garlic
- 1 scallion, sliced
- 1 tbsp minced ginger
- Steamed white rice for serving
- 2 tbsp soy sauce or tamari

DIRECTIONS

1. Cut eggplant into bite sized pieces. Heat pan and add cooking oil. Fry eggplant until browned. Place to the side.
2. In the same pan, add ground pork, minced garlic, and ginger until fragrant.
3. Add in shaoxing wine, soy sauce, sesame oil, and sugar. Mix together.
4. Add in eggplant and combine with sauce.
5. Add cornstarch slurry and cook until sauce is thickened.
6. Serve over rice. Garnish with scallions and enjoy!



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