

RECIPE



A flavorful and savory dish with tender Chinese eggplant coated in a garlic-ginger sauce with a touch of sweetness and spice.

Garlic Ginger Chinese Eggplant Stir-Fry

Ingredients

2-4 servings

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2 large Chinese eggplants, cut into 1.5" pieces

½ tsp. sea salt

2 Tbsp. olive oil or avocado oil

3 garlic cloves, minced

1 tsp. ginger, grated

2 Tbsp. organic low-sodium soy sauce

1 Tbsp. rice vinegar

1 Tbsp. apple sauce

¼ cup water

½ tsp. roasted red pepper flakes (Momofuku or your choice)

1 tsp. sesame oil

2 Tbsp. green onions, thinly sliced

½ tsp. arrowroot

Instructions:

Season the eggplant with the salt and set aside.

Yours to Artful Eating,

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In a bowl add the garlic, ginger, soy sauce, rice vinegar, apple sauce, water, pepper flakes, sesame oil, green onions, and arrowroot and mix well.

Heat the oil in a large skillet or wok over medium-high heat. Add the eggplant and sauté for 5-7 minutes until tender and lightly golden.

Stir the sauce and add to the pan over the eggplant. Cook stirring for more 3 minutes to allow the flavors to meld.

Garnish with more sliced green onions and serve.

Serve hot over steamed rice or as a side dish.

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