

Kung Pao Veggies

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-eggplant-and-zucchini-recipe>

Ingredients:

- 2 tablespoons tamari sauce divided
- 1 tablespoon mirin
- 3 1/2 teaspoons cornstarch divided
- 8 ounces tempeh cubed
- 1 zucchini small, cut into thick half moons
- 1 eggplant small, cubed
- 1 red bell pepper cut into 1-inch pieces
- 2 tablespoons balsamic vinegar
- 2 teaspoons hoisin sauce
- 2 teaspoons toasted sesame oil
- 2 teaspoons sugar
- 2 tablespoons peanut oil or grapeseed
- 3/4 teaspoon red pepper flakes add more or less to adjust the heat level
- 3 green onions white and green parts separated, sliced
- 2 cloves garlic minced
- 1 teaspoon fresh ginger grated
- 1/4 cup unsalted dry roasted peanuts
- cooked rice or quinoa for serving

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 22 grams
3. Fat: 16 grams
4. Fiber: 5 grams
5. Protein: 13 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 450 milligrams
8. Sugar: 8 grams

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