

Chinese Eggplant Salad

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 2 eggplants long
- 8 chili peppers fresh long, cut into small circles
- 1 chili pepper red long, or 2 Thai chili peppers, cut into small circles
- 3 garlic cloves mashed
- 1 bunch coriander finely chopped, leave some leaves for decoration, optional
- 1 tablespoon cooking oil vegetable
- 1 tablespoon light soy sauce
- 1 tablespoon sesame oil
- 2 teaspoons black vinegar
- 1 teaspoon salt or as needed
- 3 tablespoons warm water boiled

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 20 milligrams
4. Fat: 15 grams
5. Fiber: 11 grams
6. Protein: 13 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1250 milligrams
9. Sugar: 6 grams

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