

SCHEZWAN EGGPLANT

Yield: 2 min
Total Time: 5 min

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

Ingredients:

- 1 eggplant cut into 1" wide wedges
- 6 shallots or pearl onions
- 1 teaspoon minced garlic
- 1 teaspoon chilli sauce red red, Sriracha, Maggi, anything works or chilli flakes
- 2 tablespoons soya sauce
- 1 teaspoon white vinegar regular
- 1 teaspoon cornflour or corn starch
- 1/2 teaspoon brown sugar or jaggery
- 1 bunch coriander leaves / cilantro
- 1/2 teaspoon black pepper powder
- 2 tablespoons sesame oil Indian gingelly oil or peanut oil
- 1 cup water

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 61 grams
3. Fat: 11 grams
4. Fiber: 7 grams
5. Protein: 11 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 790 milligrams
8. Sugar: 5 grams

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