

Chinese Stuffed Eggplant

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 4 Japanese eggplants large, or 2 large Italian eggplants
- 150 grams shelled prawns roughly chopped
- 150 grams minced pork 20% fat
- 1 spring onions finely chopped
- 1 teaspoon Chinese cooking wine
- 2 teaspoons cornstarch
- 1 egg
- 1/2 teaspoon brown sugar
- 1/2 teaspoon white pepper
- 1 teaspoon sesame oil
- salt
- oil for frying
- 1 cup flour
- 1 tablespoon cornstarch
- 1 1/2 cups ice cold water
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups chicken stock
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 2 teaspoons sesame oil
- 4 cloves garlic minced
- 1/2 teaspoon brown sugar
- 2 tablespoons cornstarch mixed in 1/4 cup water
- salt
- white pepper
- spring onions to garnish, optional

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 105 milligrams
4. Fat: 12 grams
5. Fiber: 14 grams
6. Protein: 24 grams
7. SaturatedFat: 2 grams
8. Sodium: 1320 milligrams
9. Sugar: 11 grams

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