

# Chinese Pork and Eggplant Chow

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 1 pound pork boneless chops or tenderloin, cut into ¼-inch by 2-inch strips
- 1 egg white
- 1/2 tablespoon cornstarch
- 1/2 tablespoon vegetable oil preferably peanut oil
- 1/2 teaspoon salt
- 1 pound globe eggplant purple, skin on, ends trimmed
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon sherry rice or white wine
- 1/8 teaspoon white pepper
- 1/2 tablespoon sugar
- 1 tablespoon vegetable oil preferably peanut oil
- 1 tablespoon celery minced
- 1 tablespoon fresh ginger minced
- 1 tablespoon chile with garlic sauce
- 2/3 cup chicken broth
- 1 tablespoon cornstarch
- 2 tablespoons cold water
- 6 green onions sliced thin diagonally
- sesame oil
- seasoned rice wine vinegar

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 85 milligrams

4. Fat: 21 grams
  5. Fiber: 1 grams
  6. Protein: 32 grams
  7. SaturatedFat: 4 grams
  8. Sodium: 1120 milligrams
  9. Sugar: 3 grams
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