

# Stir-fried Eggplant, Potatoes & Peppers (Di San Xian)

Yield: 2 min  
Total Time: 40 min

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

## Ingredients:

- 3 cloves garlic smashed and peeled
- 2 scallions chopped
- 1 1/2 tablespoons cornstarch
- 3 tablespoons water
- 2 Chinese eggplants long, cut on an angle into large bite-sized pieces
- 1 large potato about 8 ounces, peeled and cut on an angle into large bite-sized pieces
- 1/2 red bell pepper cut into large bite-sized pieces
- 1/2 orange bell pepper cut into large bite-sized pieces
- 4 tablespoons oil
- 1 tablespoon Shaoxing wine
- 2 tablespoons light soy sauce
- 1/2 teaspoon sugar
- 1/4 teaspoon white pepper
- 1/2 teaspoon sesame oil
- salt to taste

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 79 grams
3. Fat: 29 grams
4. Fiber: 22 grams
5. Protein: 11 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 1320 milligrams
8. Sugar: 17 grams

Thank you for visiting our website. Hope you enjoy Stir-fried Eggplant, Potatoes & Peppers (Di San Xian) above. You can see more 17 chinese stir fried eggplant recipe Deliciousness awaits you! to get more great cooking ideas.