

# Chinese Fried Stuffed Eggplant (???, Zha Qie He)

Yield: 5 min  
Total Time: 45 min

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

## Ingredients:

- 450 grams Chinese eggplant \*Footnote 1
- 8 ounces ground pork or beef
- 1 tablespoon Shaoxing wine or dry sherry
- 1 tablespoon light soy sauce or soy sauce
- 1/4 teaspoon salt
- 1/4 teaspoon Sichuan peppercorn ground, or black pepper
- 2 cloves garlic grated
- 2 teaspoons ginger grated
- 2 teaspoons sesame oil
- 1 cup all purpose flour
- 1 teaspoon salt
- 1 1/3 cups ice water
- 4 cups vegetable oil or enough for deep frying
- ketchup
- mayonnaise
- sweet chili sauce homemade or store-bought
- chili garlic sauce homemade or store-bought

## Nutrition:

1. Calories: 1820 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 35 milligrams
4. Fat: 187 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 16 grams
8. Sodium: 920 milligrams

9. Sugar: 3 grams
  10. TransFat: 5 grams
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