

Japanese Tofu & Eggplant Ginger Stir Fry | ????????

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-eggplant-sti-fry-recipe>

Ingredients:

- 16 ounces firm tofu
- 1 eggplant
- 1/2 teaspoon salt
- 2 tablespoons cornstarch
- 2 1/2 tablespoons cooking oil olive, canola, vegetable, etc
- 1/4 onion thinly sliced
- 3 garlic cloves minced
- 2 inches ginger knob of, grated, about 2 tbsp
- 2 tablespoons soy sauce use tamari for gluten-free
- 1 tablespoon sake
- 2 tablespoons mirin
- 1 teaspoon coconut sugar
- 1/2 tablespoon sesame oil
- 2 green onions chopped

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 20 grams
3. Fat: 20 grams
4. Fiber: 7 grams
5. Protein: 20 grams
6. SaturatedFat: 2 grams
7. Sodium: 770 milligrams
8. Sugar: 4 grams

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