

Pork, Tofu and Eggplant Stir Fry with Thai Basil

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 pound boneless pork loin lean, cut into strips
- 8 ounces firm tofu cut into strips
- 3 Chinese eggplants cut into strips
- cornstarch as needed
- 1 tablespoon ginger grated
- 1 tablespoon garlic grated
- red chili flakes to taste
- salt
- black pepper
- 1 handful thai basil leaves
- 1 bunch scallions chopped
- 1/4 cup soy sauce
- 1 tablespoon oyster sauce
- 1/4 rice wine Chinese Cooking, or dry sherry
- 2 teaspoons brown sugar to taste
- 1/4 cup water
- 2 teaspoons cornstarch

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 75 milligrams
4. Fat: 15 grams
5. Fiber: 17 grams
6. Protein: 40 grams
7. SaturatedFat: 3 grams
8. Sodium: 1290 milligrams

9. Sugar: 11 grams

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