

Chinese Hoisin Eggplant Stir-fry

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 Japanese eggplants long unpeeled, about 5 cups, sliced into thin wedges
- 4 tablespoons cornstarch
- 3 tablespoons cooking oil
- 1 red chili sliced optional
- 1 green chili sliced, optional
- sesame seeds optional garnish
- 3 tablespoons hoisin sauce
- 1 tablespoon Chinese cooking wine
- 1 teaspoon sesame oil
- 1/2 tablespoon soy sauce
- 1/2 tablespoon minced garlic
- 2 Japanese eggplants Long, about 5 cups, sliced into thin wedges
- 4 tablespoons cornstarch
- 3 tablespoons cooking oil
- 1 red chili sliced, optional
- 1 green chili sliced, optional
- sesame seeds optional garnish
- 3 tablespoons hoisin sauce
- 1 tablespoon Chinese cooking wine
- 1 teaspoon sesame oil
- 1/2 tablespoon soy sauce
- 1/2 tablespoon garlic minced

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 57 grams
3. Fat: 26 grams

4. Fiber: 16 grams
 5. Protein: 7 grams
 6. SaturatedFat: 2.5 grams
 7. Sodium: 630 milligrams
 8. Sugar: 17 grams
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