

Thai Pork and Eggplant Rice Bowl

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 pound ground pork
- 7 baby eggplants about 1 small pint
- 2 carrots cut to julienne
- 2 garlic cloves minced
- 1 thai chile or ½ jalapeno, minced, remove seeds for a little less heat
- 1/2 teaspoon kosher salt
- 2 tablespoons fish sauce
- 1 tablespoon soy sauce
- 1 teaspoon cane sugar
- 1/2 lime juiced
- 1/4 cup basil Thai or regular, torn
- jasmine rice cooked according to the package directions

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 80 milligrams
4. Fat: 24 grams
5. Fiber: 9 grams
6. Protein: 23 grams
7. SaturatedFat: 9 grams
8. Sodium: 1310 milligrams
9. Sugar: 9 grams

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