

Vegan Chinese Eggplant

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-chinese-aubergine-recipe>

Ingredients:

- 3 Chinese eggplants medium, approx. 1lb 5oz or 595g per 3 eggplants
- 2 teaspoons sea salt
- 2 tablespoons light soy sauce Chinese
- 1 teaspoon dark soy sauce
- 4 teaspoons granulated sugar
- 2 tablespoons Shaoxing wine
- 3/4 cup water
- 1 tablespoon cornstarch
- 1/4 cup canola oil see notes
- 6 garlic cloves minced
- 2 Bird's eye chilies fresh, cut into thin rings
- 1 tablespoon scallion sliced

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 33 grams
3. Fat: 14 grams
4. Fiber: 13 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 1720 milligrams
8. Sugar: 13 grams

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