

Sichuan Eggplant



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lbs asian eggplant (long and skinny)
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.3 cup chicken stock see for vegetarian (substitute vegetable stock)
- ☐ 2 teaspoons sugar
- ☐ 0.5 teaspoon soya sauce
- ☐ 0.5 tablespoons chili bean paste
- ☐ 1 teaspoons sichuan peppercorns crushed (optional, but inauthentic without)
- ☐ 2 teaspoons ginger freshly grated

- ☐ 5 garlic cloves minced
- ☐ 1 teaspoon cornstarch
- ☐ 2 teaspoons apple cider vinegar
- ☐ 4 scallions roughly chopped

Equipment




- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Prep eggplant, chili sauce, cornstarch slurry, vinegar and scallions: Begin your mise en place. Quarter the eggplant lengthwise and chop into large batons and set aside.
- ☐ In a small bowl, mix together the chicken stock, sugar, and soy sauce and set it aside.
- ☐ In a second bowl, mix together the chili bean paste, garlic, ginger, and sichuan peppercorns and set it aside.
- ☐ In a third bowl, mix together the cornstarch with a tablespoon of water and set it aside.
- ☐ Lastly, in a fourth bowl, mix together the scallions and vinegar and set it aside.
- ☐ Place the oil in a wok or large sauté pan over medium-high heat until the oil is almost smoking.
- ☐ Add the eggplant and sauté, allowing it to sit for a few seconds each time you move it to allow it to brown and blister. If the eggplant absorbs all the oil and some pieces don't get any then add a little more oil.
- ☐ Add the chili bean paste, garlic, ginger, and sichuan peppercorns and sauté until fragrant, about 30 seconds.
- ☐ Add the chicken stock mixture, turn the heat to medium-low and simmer for 90 seconds.
- ☐ Add the cornstarch mixture and stir together until the sauce thickens a bit.
- ☐ Add the scallions and vinegar and cook for 15 seconds to diffuse their harsh flavors a bit.
- ☐ Garnish with cilantro and serve.

Nutrition Facts



 **PROTEIN 6.76%**  **FAT 47.16%**  **CARBS 46.08%**

Properties

Glycemic Index:77.27, Glycemic Load:3.66, Inflammation Score:-5, Nutrition Score:8.7843478555265%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 130.79kcal (6.54%), Fat: 7.4g (11.39%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 10.47g (3.81%), Sugar: 8.67g (9.63%), Cholesterol: 0mg (0%), Sodium: 107.54mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Manganese: 0.63mg (31.47%), Vitamin K: 32.73µg (31.17%), Fiber: 5.81g (23.25%), Potassium: 467.32mg (13.35%), Folate: 45.85µg (11.46%), Vitamin E: 1.7mg (11.32%), Vitamin B6: 0.21mg (10.31%), Vitamin C: 7.54mg (9.14%), Copper: 0.18mg (9%), Magnesium: 30.14mg (7.54%), Vitamin B3: 1.27mg (6.37%), Vitamin B1: 0.08mg (5.61%), Phosphorus: 55.36mg (5.54%), Vitamin B5: 0.53mg (5.3%), Vitamin B2: 0.08mg (4.82%), Iron: 0.79mg (4.39%), Vitamin A: 200.38IU (4.01%), Calcium: 36.52mg (3.65%), Zinc: 0.39mg (2.58%), Selenium: 1.23µg (1.76%)