Dinner, Asian

Sesame Ginger Eggplant Skillet

Tender Japanese eggplant and crisp sprouts come together with ginger, garlic and basil in a quick skillet dish finished with a savory hoisin glaze.

20 min	100	10 g	5 g
time	calories	carbs	sugars



Vegan | Dairy free

Ingredients, 4 servings

- [ ] 2 tbsp sesame oil
- [ ] 2 whole Japanese eggplants (cut into 1-inch pieces)
- [ ] 2 tsp minced fresh ginger
- [ ] 2 clove garlic (minced)
- [ ] 1/2 cup chopped mushrooms
- [ ] 1 cup fresh mung bean sprouts
- [ ] 1/4 cup fresh basil (chopped)
- [ ] 1/4 tsp crushed red pepper flakes
- [ ] 1 tbsp hoisin sauce

Method

1. Warm the sesame oil in a large skillet.
2. Add the Japanese eggplant pieces, minced fresh ginger, minced garlic, chopped mushrooms and fresh mung bean sprouts to the skillet.
3. Stir-fry everything over medium-high heat until the eggplant begins to soften, 4-6 minutes.
4. Stir in the chopped fresh basil, crushed red pepper flakes and hoisin sauce.
5. Keep cooking for 1-2 minutes more, then remove the skillet from the heat and serve.

Nutrition Facts

Per serving

Calories	**100**
Total fat	7 g
Saturated fat	1 g
Sodium	70 mg
Total carbs	10 g
Fiber	3 g
Total sugars	5 g
Protein	3 g

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