

Savory Stir-Fried Eggplant with Garlic Gravy

Enjoy a flavorful twist on classic stir-fried eggplant with a simple yet delicious garlic gravy.


25 min

Total time

Easy

Difficulty

220

kcal / serving

Ingredients

- 1 whole eggplant
- 2 cloves of garlic
- 2 shallots
- 1 teaspoon powdered chicken stock
- 1/2 teaspoon msg
- Salt and pepper to taste
- 2 tablespoons flour
- 2 tablespoons vegetable oil

Steps

- 1 Prepare the eggplant by cutting it into bite-sized pieces.
- 2 In a bowl, mix the flour with a bit of water to create a smooth paste for the gravy.
- 3 Heat oil in a pan over medium heat and add minced garlic and shallots, sauté until fragrant.
- 4 Add the eggplant pieces to the pan and stir-fry until they start to soften.
- 5 Season with chicken stock, msg, salt, and pepper.
- 6 Push the eggplant to one side of the pan and pour the flour paste on the other side, stirring quickly to avoid lumps.
- 7 Mix everything together, allowing the gravy to thicken.
- 8 Once the eggplant is cooked through and coated in the savory gravy, remove from heat.
- 9 Serve hot and enjoy!