

Spicy Eggplant with Potatoes and Peppers

A delicious stir-fry dish inspired by the Chinese dish , featuring eggplant, potatoes, and peppers in a savory and spicy sauce.



Chinese

30 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 small eggplant
- 1 medium potato
- 1 bell pepper
- 2 cloves of garlic
- 1 tablespoon soy sauce
- 1 teaspoon chili paste
- 1 tablespoon vegetable oil
- Salt and pepper to taste

Steps

- 1 Cut the eggplant, potato, and bell pepper into bite-sized pieces.
- 2 Heat vegetable oil in a pan over medium heat.
- 3 Add minced garlic and stir-fry until fragrant.
- 4 Add the potato pieces and cook until slightly tender.
- 5 Add the eggplant and bell pepper, stir well.
- 6 Mix soy sauce, chili paste, salt, and pepper in a bowl, then pour over the vegetables.
- 7 Stir-fry until the vegetables are cooked through.
- 8 Serve hot and enjoy!