

Spicy Eggplant Mince Stir Fry

Say goodbye to ordinary vegetarian dinners and hello to this mouthwatering Chinese Eggplant and Mince dish! We've transformed the classic recipe into a delightful plant-based version using Fry's pea protein mince. The silky texture of the eggplants, combined with their ability to absorb flavors from the sauce, creates a harmonious blend in this dish. Serve it over a bowl of steamed rice for a truly satisfying meal.



Ingredients

- ☐ 2 eggplants
- ☐ 1 tablespoon cornflour
- ☐ Salt (to taste)
- ☐ 1 cup oil (for frying)
- ☐ 2 tablespoons oil (for cooking)
- ☐ ½ cup spring onions
- ☐ 1-inch piece ginger, minced
- ☐ 2 cloves garlic, minced
- ☐ 1 cup Fry's pea protein mince (or mince of your choice)
- ☐ 1 tablespoon onion, chopped
- ☐ 2 red chillies, sliced



For the Sauce

- ☐ 2 teaspoons soy sauce
- ☐ 1 tablespoon mushroom sauce
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon salt
- ☐ ½ cup cooking wine
- ☐ 1 tablespoon doubanjiang (optional)

For the Slurry

- ☐ 2 tbsp cornstarch
- ☐ ½ cup water

Directions

- 1 Slice the eggplants into thick slices, keeping the skin on.
- 2 Generously sprinkle salt over the slices and let them marinate for 5 minutes to draw out moisture.
- 3 Strain the water, rinse with clean water, and pat dry with a paper towel.
- 4 Coat the eggplant slices with cornflour.
- 5 In a pan, heat 1 cup of oil over medium heat. Fry the eggplant slices until they are golden and almost crispy. Remove and set aside.
- 6 In another pan, add 2 tablespoons of oil. Sauté the sliced spring onions, minced ginger and garlic until fragrant.
- 7 Add the pea protein mince and chopped onion and sliced red chillies to the pan, stirring until the mince is cooked through.
- 8 In a bowl, mix together soy sauce, mushroom sauce, sugar, salt, cooking wine, and chili bean paste (if using).
- 9 Pour the sauce mixture into the pan and stir well.
- 10 Add the fried eggplant back into the pan and mix to coat evenly with the sauce.
- 11 Finally, add the starch water and stir-fry until everything is well combined and cooked through.
- 12 Garnish with chopped spring onions and serve hot over steamed rice or noodles.
- 13 Enjoy your flavorful Chinese Eggplant Stir Fry! 🍽️🌟