

Recipe Name: Shandong Spicy Eggplant With Peppers And Potato Recipe (Di San Xian Recipe)

Diet Type:

Course: Side Dish

Cuisine: Chinese

Quantity:



Ingredients

Ingredient	Quantity
• 1 Brinjal (Baingan / Eggplant) - cut into 1 inch long inch wedges	4
• 1 Potato (Aloo) - peeled and cut into wedges	
• 1 Red Bell pepper (Capsicum) - cut into wedges	
• 1 1/2 tablespoons Corn flour	
• 1 tablespoon Soy sauce	
• 2 tablespoons Vinegar	
• 1/2 teaspoon Black pepper powder	
• 3 cloves Garlic - finely chopped	
• 2 inch Ginger - finely chopped	
• 3 Spring Onion (Bulb & Greens) - finely chopped	
• 2 Dry Red Chillies	
• Sesame (Gingelly) Oil - for cooking	
• Salt - to taste	

Preparation

- To begin making the Shandong Spicy Eggplant With Peppers And Potato Recipe (Di San Xian Recipe), first prep all the ingredients, chop all the vegetables and keep the sauces handy by the side.
- In a small mixing bowl, combine the corn flour, along with 1 cup of water and dissolve it well.
- Stir in the soy sauce, the vinegar, and black pepper powder.
- Keep it aside.
- Heat oil in a wok over medium heat; add the potato wedges, sprinkle salt and stir fry them with the pan partially covered until it is cooked through.
- Once the potatoes are cooked, remove from the wok and keep aside.
- In the same pan, add a little more oil.
- Add the eggplant wedges sprinkle salt, partially cover the pan and allow the eggplants to get pan roasted until soft and cooked through completely.



- Once done, remove from the pan and keep aside.
- In the same pan again, heat a little oil.
- Add the ginger, garlic, dry red chilies, bell peppers and spring onions and saute until you can get the aromas coming through.
- Saute until the bell peppers become slightly tender.
- Add the corn flour mixture into this and keep stirring until it thickens a bit.
- Add the roasted eggplant and potatoes and stir fry on high heat until the eggplant and potatoes are well coated with the sauces (about 5 minutes).
- Check the salt and spices and adjust to suit your taste.
- Once one, turn off the heat and serve.
- Serve the Shandong Spicy Eggplant with Pepper & Potato Recipe along with Dan Dan Noddles for a delicious Chinese dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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