

# Chinese Stir-Fried Eggplant and Green Beans

From [theplantbasedwok.com/chinese-stir-fried-eggplant-and-green-beans](http://theplantbasedwok.com/chinese-stir-fried-eggplant-and-green-beans)

## Ingredients

- 2 long Chinese purple eggplants, cut into thin strips
- 6 oz (170g) green beans, rinsed and ends trimmed
- 3 tbsp vegetable oil
- 1 half-inch thumb ginger, julienned
- 6 cloves garlic, minced
- 1 red chili pepper, sliced thinly (optional, for heat)
- 2 tablespoon light soy sauce
- 1 tablespoon vegetarian oyster sauce/stir-fry sauce\*
- 1/8 teaspoon ground white pepper
- additional salt to taste, if needed

## Instructions

1. Cut eggplants into thin strips (about 1/4 inch in width), place in a bowl, and sprinkle liberally with salt. Add enough water to cover and let soak in the salt water for 15 minutes. Drain and pat dry (you want to remove as much moisture as possible).
2. In a wok or skillet, heat 2 tablespoon oil over medium heat. Add eggplant strips and fry until tender and slightly golden brown, about 4-5 minutes. Remove from pan and set aside.
3. Add remaining 1 tablespoon oil and green beans and fry for 5 minutes, until surface is wrinkled. Remove from pan.
4. Add garlic, ginger, and chopped chili and stir-fry for one minute until fragrant, then return green beans and eggplant to the pan. Stir in soy sauce, oyster sauce, and white pepper, and toss to combine. Serve hot.



### Healthy Recipe to be Demonstrated by Chef Barry Infuso

Chef Barry Infuso is a certified executive chef and member of the American Academy of Chefs, honor society. In addition chef Barry is Director of Slow Food of Southern Arizona & president of the Chef's Association of Southern Arizona.