



RECIPE OF THE WEEK

This Eggplant Chicken Stir Fry with Garlic Sauce is a healthy, simple and delicious dinner that's ready in a flash. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go groceries, this nutritiously flavorsome meal is guaranteed to delight the palate.



EGGPLANT CHICKEN STIR FRY WITH GARLIC SAUCE SERVE WITH BROWN RICE

Chicken is rich in lean protein, potassium, vitamin D, iron, and calcium. While eggplant and brown rice together are high in fiber, vitamins A, B6, and C; rich in nutrients, potassium, magnesium, flavonoids, and polyphenols; and low in calories.

All this helps digestive, heart, and bone health; blood pressure, and cholesterol levels, reduces inflammation; boosts immune function, and energy levels, as well as protects against osteoporosis, cancer, and diabetes.

Ingredients (Serves 4):


2 eggplants (cut into 10cm sticks)	1 tablespoon Balsamic or Chinese Black Vinegar
2 cups vegetable oil	2 tablespoon soy sauce
1 cup chicken mince	2 tablespoon water
1 tablespoon chopped garlic	1 teaspoon cornflour
1 tablespoon white vinegar	1 tablespoon chopped coriander
1 teaspoon honey	


Instructions:


- 1. Prepare the Sauce:** In a small bowl, combine white vinegar, Chinese Black Vinegar, soy sauce, water, and cornstarch. Set aside for later use.
- 2. Fry Eggplant:** Heat oil in a wok or large fry pan on high heat. Deep fry eggplant sticks until lightly golden. Transfer the fried eggplant to paper towels to drain.
- 3. Cook Chicken:** In a non-stick pan, add two tablespoons of oil and the chicken over medium heat. Cook until the chicken turns light brown.
- 4. Combine Ingredients:** Add garlic and the previously fried eggplant sticks to the chicken. Stir the prepared sauce, ensuring the cornstarch is completely dissolved, then pour it into the pan. Stir everything well for about 20 seconds.
- 5. Finish and Serve:** Add coriander to the mixture. Serve it with steamed rice (cook as per packet instructions).

Eat & Enjoy!

Recipe adapted from: cookingwithlei.com

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