

# CHICKEN AND EGGPLANT STIR FRY



## SERVING SIZE

4



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Eggplant, Sliced Into Rounds	½	Olive Oil	1 Tbsp.
Salt	⅛ tsp.	Mushrooms, Sliced	2 Cups
Skinless, Boneless Chicken Breast, Cut Into Cubes	16 oz.	Ground Black Pepper	⅛ Tsp.
Garlic Cloves, Minced	2	Spinach	4 Cups
Losoy Sauce	2 tbsp.		



## PREPARATION

- Sprinkle the round eggplant pieces with ⅛ tsp. salt and set them aside to let them sweat for about 10 minutes. This process helps remove some of the bitterness.
- In a bowl, toss the cubed chicken with 1 tsp. the soy sauce, a pinch of salt, and black pepper. Let it marinate for about 10-15 minutes.
- Heat half of the olive oil in a large skillet over medium heat.
- Add the eggplant and cook, stirring occasionally, until it's softened and beginning to brown, about 5-7 minutes. Remove the eggplant from the skillet and set aside.
- In the same skillet, add the remaining olive oil. Add the marinated chicken and cook, stirring occasionally, until the chicken is browned and cooked through, about 6-8 minutes.
- Add the minced garlic during the last minute of cooking to avoid burning it.
- Once the chicken is cooked, add the sliced mushrooms to the skillet. Cook for an additional 2-3 minutes, or until the mushrooms begin to soften.
- Add the cooked eggplant back to the skillet with the chicken and mushrooms. Stir in the remaining tsp. soy sauce.
- Cook for another minute to reheat the eggplant and blend the flavors.
- Finally, add the spinach to the skillet. Cook, stirring frequently, until the spinach wilts, about 1-2 minutes.
- Taste the stir fry and adjust the seasoning if necessary, adding more soy sauce, salt, or pepper as needed. Enjoy!