



Chicken with Eggplant & Thai Basil

Level: Easy

Prep Time: 20 minutes

Serves: 4

Cook Time: 25 minutes



- 1 Tbsp. pure olive oil
- 3 Japanese eggplants, sliced diagonally
- 1 medium onion, julienned
- 1 red pepper, seeds removed and julienned
- 5 boneless, skinless chicken thighs, cut into 1-inch pieces
- 4 garlic cloves, minced
- 1 inch fresh ginger, skin removed and minced
- 1 cup water
- $\frac{1}{2}$ of a chicken bouillon cube (6 grams)
- 2 Tbsp. oyster sauce
- 1 tsp. white granulated sugar
- 1 tomato, diced
- 20 Thai basil leaves

In a large skillet or wok, heat the oil until very hot. Add the eggplant and cook on medium high heat for about 2 minutes on each side until browned. Remove the browned eggplant from the skillet and set aside. Add the onions and red pepper to the skillet and cook for about 2 minutes until soft. Remove the onions and pepper from the skillet and set aside.

Add the chicken to the skillet and fully cook the chicken on medium high heat until it has a nice brown color. Add the minced garlic and ginger and cook for another minute. Add the water, $\frac{1}{2}$ chicken bouillon cube, oyster sauce, and sugar. Mix well and cook for about 2 minutes. Add the tomato, and cooked eggplant, onion, and peppers to the skillet. Mix and cook until all are heated throughout. Remove the skillet from the heat source and add the basil leaves on top.

Notes:

- This dish is kid-friendly and not spicy at all. To add heat to this dish, finely slice as many Thai chiles as you like and put them in the skillet when adding the water, etc. OR eat with Sriracha sauce.