

Chicken Eggplant StirFry

Savannah · 28/09/2024

**Prep Time**

5 mins

Difficult

Medium

Servings

40 mins

Description

A quick way to prepare chicken Can be served with fried rice I sometimes add sweet red peppers for more color and vitamins Serve on its own or with rice

Ingredients

- - ½ large eggplant
- sliced into rounds - ½ teaspoon salt - 4 skinless
- boneless chicken breast halves
- cut into cubes - 2 cloves garlic
- minced - 2 tablespoons soy sauce - 1 tablespoon canola oil - 2 cups mushrooms
- sliced - ½ teaspoon ground black pepper - 4 cups spinach

Instructions

1. Sprinkle salt evenly over both sides of eggplant slices; set aside for 5 minutes. Cut eggplant into cubes. Cook and stir chicken
2. garlic
3. and soy sauce together in a large skillet over medium heat until the chicken is nearly cooked through
4. 7 to 10 minutes. Stir mushrooms and black pepper into the chicken mixture; continue cooking until the mushrooms brown
5. 2 to 3 minutes. Heat canola oil in a separate skillet over medium heat. Cook eggplant in hot canola oil until lightly browned; add to skillet with the chicken. Stir spinach through the chicken and eggplant mixture; cook and stir until the spinach wilts
6. 2 to 3 minutes.