



## QNE Saucy Meaty Eggplant Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>30</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 2 Tbsp oil
- 3 1/2 Tbsp onion, chopped
- 1 1/2 Tbsp garlic, minced
- 1/2 Tbsp ginger, minced
- 250 g chicken, ground
  
- 300 g eggplant, wedges, 2-inches long
- 1 cup rice flour, for coating eggplant
- 2 cup rice flour, dissolved in 1 cup water
- 4 cup oil, for deep-frying

### FOR THE SAUCE

- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 2 Tbsp cornstarch, dissolve in 2 Tbsp water
- 2 Tbsp wansuy, chopped

### Preparation:

1. Sauté onion, garlic, and ginger in oil. Add ground chicken and sauté until brown.
2. Coat the eggplant with rice flour. Pat to remove excess flour. Dip eggplant in batter. Deep-fry the eggplant until slightly brown in color.
3. In a pot, heat the DEL MONTE Quick n Easy Barbecue Marinade, dissolved cornstarch, and wansuy and simmer for 7 minutes. Add the cooked chicken and eggplant.

### Chef's Tip

Use rice flour instead of all-purpose flour or cornstarch to give the eggplant a crisp yet sticky texture.

### Lusog Notes

This QNE Saucy Meaty Eggplant dish is a source of protein and niacin. Protein helps in the regulation and maintenance of the body's fluid balance while niacin promotes normal digestion and healthy skin. This QNE Saucy Meaty Eggplant dish is a source of protein and niacin. Protein helps in the regulation and maintenance of the body's fluid balance while niacin promotes normal digestion and healthy skin.

### Cooking Skills Needed

- Deep Frying
- Marinating

### Cooking Tools

- Sauce Pot

- Weighing Scale

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