Stir-Fried Eggplant and Ground Chicken with Miso
Serves 2

Ingredients:
- 4 Japanese eggplants (about 400g)
- 200 g ground chicken
  *Consider specifying **pork/chicken or beef/pork** to match Japanese standards (often 7:3 pork:beef*
- 5 shiso leaves (or basil or mint)
- 5 g ginger, minced
- ½ clove garlic, minced

Seasoning Mixture:
- 9 g white miso
- 1 T mirin
- ½ T sake
- ½ T Kevala coconut aminos

Other:
- ½ T katakuriko (potato starch)
- 1 T water (for starch slurry)
- 1 tsp canola oil (for sautéing chicken)
- ½ tsp sesame oil (finishing drizzle)
- 120 ml water

Cooking Time: 20 minutes

Nutrient	Value (approx.)
Calories	405 kcal
Protein	25 g
Fat	23 g
— Sat. Fat	4 g
Carbs	20 g
— Sugars	7 g
Fiber	5 g
Sodium	880 mg

Preparation
- Trim the stems off the eggplants. Cut each in half lengthwise, then make two shallow diagonal slits 5 mm apart on each half. Cut diagonally into quarters. Soak in water for about 5 minutes, then drain in a colander and pat dry thoroughly with paper towels.
- Remove the stems from the shiso leaves and cut into thick strips.
- Mix all the seasoning ingredients in a bowl. In another small bowl, dissolve the potato starch in the water to make a slurry.

Instructions
1. Toss the sliced eggplant with 1 T canola oil
2. Roast in oven at **200°C** for ~15–20 minutes until golden and soft. (Flip half way through cooking for even color)
3. In the frying pan, add **1 tsp of canola oil** and heat over **medium**.
4. Add the **ginger** and sauté briefly until fragrant.
5. Add the **ground meat** and stir-fry for **2–3 minutes**, breaking it up with chopsticks, until the color changes.
6. Add the **seasoning mixture** and stir to combine. Pour in **120ml of water** (might neede to increase to 150ml) and bring to a simmer.
7. Once boiling, stir the **starch slurry** again and add it to the pan. Stir until the sauce thickens.
8. Return the eggplant to the pan and cook until heated through.
9. Add the **shiso leaves**.
10. Drizzle in ½ tsp of **sesame oil**, give it a quick stir, turn off the heat, and serve.