

Eggplant & Tofu Ginger Skillet 茄子と豆腐の生姜炒め

Serves: 2 | Pan: 24–26 cm skillet | Total time: ~20 minutes

Ingredients

Main:

- 1 medium Japanese eggplant (180–220 g) 茄子
- 200 g firm tofu 木綿豆腐
- 80 g shimeji mushrooms しめじ

Aromatics:

- 1 tsp grated ginger 生姜
- 1 tsp garlic, finely chopped にんにく

Cooking:

- 1 T / 14 g canola oil キャノーラ油

Seasoning:

- 1 tsp low-sodium soy sauce 醤油
- 1 tsp sake 酒
- ¼ tsp salt + pinch MSG 塩+MSG
- Black pepper

Finish:

- 1 scallion, sliced 青ねぎ
- Optional: 1 tsp sesame oil for finishing



Instructions

1. Drain **tofu** well.
 - Wrap in paper towels and **rest 10–15 minutes**.
 - Cut into large cubes.
2. Cut **eggplant** into thick half-moons or wedges.
 - If very large, quarter lengthwise first.
3. Separate **shimeji** into small clusters.
4. Heat skillet over **medium heat**.
 - Add **canola oil**.
5. Add **eggplant**.
 - Cook **4–5 minutes** until beginning to soften and brown.
6. Add **mushrooms**.
 - Cook **2–3 minutes** more.
7. Push vegetables to side of pan.
 - Add **tofu** carefully.
 - Cook gently until lightly golden in spots.
8. Add **ginger** and **garlic**.
 - Cook **30 seconds** until fragrant.
9. Add **soy sauce**, **sake**, **salt + MSG**, and **black pepper**.
 - Toss gently to avoid breaking tofu.

10. Finish with **scallions**.

- Optional: drizzle tiny amount **sesame oil** before serving.

Notes

- Japanese eggplant works especially well because of its soft texture.
- Do not overcrowd the skillet or the eggplant will steam instead of brown.
- Firm tofu is easier to handle than silken tofu here.
- This dish pairs especially well with light pasta or rice dishes.
- A tiny splash of **rice vinegar** at the end can brighten the flavors if desired.

Nutrition

Per serving: Kcal: 210 | Protein: 10 g | Fat: 15 g | Sat Fat: 2 g | Carbs: 10 g |
Sugars: 4 g | Fiber: 4 g | Sodium: 420 mg | Omega-3: 0.1 g

Total dish: Kcal: 420 | Protein: 20 g | Fat: 30 g | Sat Fat: 4 g | Carbs: 20 g |
Sugars: 8 g | Fiber: 8 g | Sodium: 840 mg | Omega-3: 0.2 g