

Thai Basil Eggplant Stir-Fry

Servings: 2–3

Prep Time: 10 minutes

Cook Time: 12 minutes

Total Time: 22 minutes

Ingredients

1 medium eggplant, cubed

½ lb ground chicken

2 Tbsp soy sauce

1 Tbsp fish sauce

1 tsp sugar

1 cup fresh basil leaves (Thai basil preferred)

1 Tbsp oil

Optional: sliced chili or red pepper flakes for heat

Directions

1. Prepare the eggplant

Heat 1 Tbsp of oil in a large pan or wok over medium-high heat.

Add the cubed eggplant and cook for 5–6 minutes, stirring occasionally, until the pieces are softened and lightly browned.

Remove from the pan and set aside.

2. Cook the chicken

In the same pan, add the ground chicken.

Use a spatula to break it into small pieces and cook for 4–5 minutes, until fully browned and no longer pink.

3. Add the sauce

Stir in the soy sauce, fish sauce, and sugar.

Let it simmer for 30–45 seconds to coat the chicken and create a glossy sauce.

4. Combine everything

Return the cooked eggplant to the pan.

Toss everything together and stir-fry for 1 minute to allow the flavors to blend.

5. Add the basil

Turn off the heat.

Add the basil leaves and mix gently until they wilt (about 10 seconds).

Do not overcook the basil — it should stay bright and fragrant.

6. Serve

Spoon the stir-fry over warm jasmine rice.

Optional: top with sliced chili, extra basil, or a drizzle of soy sauce.