CHINESE · SIDE

Liangban Qiezi (Chinese Steamed Eggplant Salad)

凉拌茄子

20 min | Serves 3 | 98 kcal a serve | Video 4:40 in Chinese · 小高姐的 Magic Ingredients

Vegan | Gluten-free ingredients | Nut-free

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A vegan side of steamed eggplant dressed with garlic, chilli and a spoon of sizzling oil: about 97 kcal, 5.5 g fibre and 7 g net carbs a serve, with under 1 g added sugar.

Diet notes: Low carb (6.9 g net carbs) but not keto: 50% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

10 · SERVES 3

- [ ] 2–3 **long Chinese eggplants** (about 500 g), cut into lengths and halved
- [ ] 2 tbsp (30 g) **white vinegar** in 500 g water, for soaking (poured away)
- [ ] 1 **spring onion**, chopped
- [ ] 3 **garlic** cloves, minced
- [ ] 1/2 tsp (1 g) **ground Sichuan pepper**
- [ ] 1 tsp (2 g) **chilli powder**, or to taste
- [ ] 1/2 tsp (4 g) **salt**
- [ ] 1 tbsp (15 g) **vegetable oil**, heated until smoking
- [ ] 1/2 tsp (3 g) **rice vinegar**
- [ ] 1/4 tsp (2 g) **sugar**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Choose dark, glossy eggplants. Wash them and cut into lengths, then halve them so they steam evenly. 0:13
2. Soak the cut eggplant for about 1 minute in 470 ml of water mixed with 2 tbsp white vinegar; this keeps the skin purple and the flesh white. 1:11
3. Bring water to the boil in a steamer. Arrange the eggplant so steam can reach every piece, cover and steam on high heat for 5 minutes. 1:29
4. Let the eggplant cool a little, then tear it by hand into thin strips and pile it on a plate. 2:36
5. Top with the spring onion, garlic, Sichuan pepper, chilli powder (to taste) and salt. 3:22
6. Heat the oil until smoking and pour it over the aromatics so they sizzle. 3:35
7. Finish with the rice vinegar and sugar and toss everything together. 3:42

> **Tip** Serves 3 as a side (our estimate). A north-western Chinese cold dish; the video also shows a whole-fried version, but the steamed one is easier and uses far less oil. Good warm or cold.

The method is a summary in our words, in English — the video (in Chinese) shows every step.

One serve gives you

1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
98 kcal	2.1 g	12 g	5.5 g	5.5 g	520 mg
410 kJ	4% of a day	6.9 g net · 6.7 g sugars	20% of a day	0.4 g saturated	23% of a day
		5% of a day		7% of a day	

Energy from net carbs 32% · protein 10% · fat 58%

High in (20%+ of a day) Omega-3 29%

Source of (10–19%) Vitamin K 17% · Vitamin E 11% · Vitamin B6 11% · Folate 10%

Recipe and video: 小高姐的 Magic Ingredients (@MagicIngredients) on YouTube — youtube.com/watch?v=aqGJMloZWRc, published 7 May 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/liangban-qiezi-chinese-steamed-eggplant-salad