

Thai Basil Eggplant Stir-Fry

Servings: 2–3 **Prep Time:** 10 minutes **Cook Time:** 12 minutes **Total Time:** 22 minutes

This Thai basil eggplant stir-fry is a fast, savory dish inspired by classic Thai home cooking. Tender eggplant absorbs a rich, umami-packed sauce made with soy sauce, fish sauce, and a touch of sugar, while fresh basil adds a fragrant finish that brings everything together.

It's the kind of meal that tastes bold and satisfying but comes together in under 25 minutes — perfect for busy weeknights when you want something fresh, comforting, and full of flavor.

Why You'll Love This Recipe

- Quick & easy — ready in just over 20 minutes
- Bold Thai-inspired flavors with minimal ingredients
- Eggplant soaks up sauce beautifully, making every bite flavorful
- Flexible heat level — mild or spicy, your choice
- Great over rice for a complete, filling meal

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

Ingredient Notes & Substitutions

Eggplant: Asian or globe eggplant both work. Cut into even cubes so they cook evenly.

Ground chicken: Lean and quick-cooking. Ground pork or turkey can be substituted.

Thai basil: Slightly spicy, anise-like flavor. Regular basil works but will be milder.

Fish sauce: Adds depth and umami. Substitute extra soy sauce with a splash of water if needed.

Sugar: Balances the salty sauces — don't skip it.

Instructions

1 Step 1: Cook the eggplant

Heat oil in a large skillet or wok over medium-high heat. Add cubed eggplant and cook for 5–6 minutes until softened and lightly browned. Remove and set aside.

2 Step 2: Brown the chicken

In the same pan, add ground chicken. Break into small pieces and cook for 4–5 minutes until fully cooked and no longer pink.

3 **Step 3: Make the sauce**

Add soy sauce, fish sauce, and sugar. Stir well and simmer 30–45 seconds until slightly thickened and coating the chicken.

4 **Step 4: Combine the eggplant**

Return eggplant to the pan and stir-fry for 1 minute so it absorbs the sauce.

5 **Step 5: Add the basil**

Turn off heat. Add basil leaves and gently mix until just wilted, about 10 seconds.

6 **Step 6: Serve**

Serve hot over jasmine rice. Optional toppings include sliced chili, extra basil, or a drizzle of soy sauce.

Tips for Best Flavor

- Don't overcrowd the pan when cooking eggplant — browning adds flavor
- Taste the sauce before serving and adjust sugar or soy sauce if needed
- Add chili only at the end to control heat level

Storage & Reheating

Refrigerator: Store leftovers in an airtight container for up to 3 days.

Reheat: Warm gently in a skillet or microwave. Add a splash of water if sauce thickens.

Variations to Try

- Make it vegetarian by replacing chicken with tofu or mushrooms
- Add green beans or bell peppers for extra texture
- Serve with rice noodles instead of rice
- Add a fried egg on top for a richer meal