



## Garlic Eggplant

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
3-4 People	10 MIN	20 MIN		10

Garlic eggplant is a soft and flavorful dish made with tender eggplant cooked with aromatic garlic and simple seasonings. The eggplant absorbs the rich garlic flavor, creating a delicious and satisfying dish. This easy recipe is perfect for vegetarian and vegan meals. It works well as a side dish or a light main and pairs beautifully with rice, bread, or other vegetable dishes.

### Ingredients

- 2 medium eggplants, cubed
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 1 tablespoon soy sauce (*optional*)
- Salt and pepper to taste
- Optional: parsley or chili flakes

### Recipe Summary

- Prep Time: 10 minutes

- Cook Time: 15-20 minutes
- Total Time: 25-30 minutes
- Servings: 3-4
- Course: Main / Side
- Cuisine: International

## Cooking Method

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### Instructions

1. Cut eggplant into cubes and lightly salt them. Let sit for 10 minutes, then pat dry.
2. Heat olive oil in a pan over medium heat.
3. Add eggplant and cook until soft and slightly golden (**10-12 minutes**).
4. Add garlic and sauté for **1-2 minutes** until fragrant.
5. Add soy sauce, salt, and pepper.
6. Stir well and cook for another **2-3 minutes**.
7. Garnish with parsley or chili flakes.
8. Serve warm.

### Cooking Tips

- Salt eggplant to reduce bitterness
- Cook until soft for best texture
- Add garlic later to avoid burning

## Variations

- Add tomatoes for extra flavor
- Add chili sauce for spice
- Use roasted garlic for a milder taste
- Add herbs like basil or thyme

## What to Serve with Garlic Eggplant

- Rice or quinoa
- Flatbread
- Lentils or chickpeas
- Stir-fried vegetables

## Storage

Store in an airtight container in the refrigerator for up to **3 days**.

## Reheating

Reheat in a pan or microwave.

## Frequently Asked Questions

### Why salt eggplant?

It reduces bitterness and improves texture.

### Can I bake instead of sauté?

Yes, roast at 400°F (200°C) for 25–30 minutes.

### Is eggplant healthy?

Yes, it's low in calories and rich in nutrients.

### Recipe Author

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