




Product Spotlight: Green Beans


Unlike fruits which become sweeter the longer they stay on the tree or bush, beans are sweetest when young. If left on the vine, beans wither and the seeds dry and harden. They are best consumed fresh, young, green and sweet.



3 Chinese Pepper Eggplant with Brown Rice

Golden, creamy diced eggplant stir fry with crunchy green beans and baby corn, seasoned well with black pepper and finished with roasted cashews.

 30 minutes

 4 servings

 Plant-Based

13 July 2020

Spice it up!

Spice the eggplant with some Chinese five spice if you have any in the pantry. You could also use hoisin sauce instead of soy sauce for a difference in flavour.

Per serve: **PROTEIN** 10g **TOTAL FAT** 14g **CARBOHYDRATES** 43g

FROM YOUR BOX

BROWN RICE	300g
EGGPLANT	1
BROWN ONION	1
CELERY STICKS	3
GREEN BEANS	1 bag (250g)
BABY CORN	1 punnet
GINGER	30g *
CORIANDER	1/2 packet *
CASHEWS	1 packet (50g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, soy sauce (or tamari), stock cube (1), cornflour, red wine vinegar

KEY UTENSILS

large frypan or wok, saucepan

NOTES

Use sesame oil for the stir fry for added flavour.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PREPARE THE VEGETABLES

Dice eggplant. Slice onion and celery. Cut green beans and baby corn into 3cm lengths. Peel and grate ginger. Roughly chop coriander. Keep separate.



3. PREPARE THE SAUCE

Combine **1 tsp cracked black pepper**, **1 crumbled stock cube**, **2 tbsp cornflour**, **2 tbsp soy sauce**, **2 tbsp vinegar** and **3 cups water** in a small bowl or jug.



4. COOK THE EGGPLANT

Coat diced eggplant with **2 tbsp cornflour**. Heat a frypan over medium-high heat with **oil**. Cook eggplant for 5 minutes until browned (add more oil if needed). Season with **salt and pepper**.



5. COOK THE VEGETABLES

Add **1 tbsp oil** and prepared vegetables to pan (except coriander). Cook for 5 minutes. Pour in sauce and simmer for 2–3 minutes until sauce is thickened. Stir through cashews and 1/2 the coriander. Season to taste with **pepper**.



6. FINISH AND PLATE

Divide rice and stir fry among bowls. Garnish with remaining coriander.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

