



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Eggplant


Eggplants are super versatile and loved for their creamy texture after cooking. The eggplant is commonly known as a vegetable, but is a member of the berry family!



## L4 Shiitake Mushroom Ramen with Sesame Crusted Eggplant

Rich umami ramen broth with mushrooms and packed full of veggies, served with noodles, sesame-crusted pan-fried eggplant and fresh chives.

 30 minutes

 4 servings

 Vegetarian

13 May 2022

### Bulk it up!

*If you are looking to bulk this meal up, you can make more ramen broth by adding extra water and stock. Add more noodles and some boiled or poached eggs to serve.*

Per serve: **PROTEIN** 17g **TOTAL FAT** 4g **CARBOHYDRATES** 93g

## FROM YOUR BOX

SHIITAKE MUSHROOMS	2 packets
RED CAPSICUM	1
ASIAN GREENS	1 bunch
UMAMI STOCK CONCENTRATE	2 jars
BABY EGGPLANTS	2
RICE FLOUR+SESAME SEED MIX	1 packet (30g)
EGG NOODLES	2 packets
CHIVES	1 bunch

## FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 egg, soy sauce (or tamari)

## KEY UTENSILS

large frypan, 2 saucepans

## NOTES

Instead of halving eggplants you can slice them into rounds.

We used sesame oil for extra flavour.

**No gluten option - noodles are replaced with gluten free noodles.**



### 1. SAUTÉ THE MUSHROOMS

Heat a second saucepan over medium-high heat with **oil**. Halve shiitake mushrooms and add to pan. Cook for 2 minutes until golden.



### 2. SIMMER THE BROTH

Thinly slice red capsicum and Asian greens. Add to saucepan as you go along with stock and **1 1/2 L water**. Simmer, covered, for 8-10 minutes. Season with **1-2 tbsp soy sauce and pepper**.



### 3. COAT THE EGGPLANTS

Halve eggplants (see notes). In a bowl whisk together **egg, 2 tbsp water, salt and pepper**. Empty rice flour mix onto a plate. Coat eggplants in egg mixture, then in rice flour mixture. Repeat until eggplants are all coated.



### 4. COOK THE EGGPLANTS

Bring a saucepan of water to the boil (see step 5).

Heat a frypan over medium-high heat with **oil** (see notes). Add eggplants and cook for 4-5 minutes each side until eggplants are golden.



### 5. COOK THE NOODLES

Add noodles to boiling water and cook according to packet instructions. Drain noodles.



### 6. FINISH AND SERVE

Thinly slice chives.

Divide noodles among bowls. Pour over broth and vegetables. Serve with eggplant and garnish with chives.

**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**

