



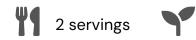


## Szechuan Braised Eggplant

## with Crunchy Stir Fry

Pieces of meaty eggplant, braised in a luscious and tingling Szechuan sauce until tender to the bite, served over nutty brown rice with a crunchy stir fry, fresh chives and peanuts.







Plant-Based

# Spice it down!

Want flavour, but less heat? Add 1/2 the Szechuan spice mix to the braise, or only use to sprinkle over to serve. Remove seeds from chilli to reduce the heat.

TOTAL FAT CARBOHYDRATES

16g

107g

#### **FROM YOUR BOX**

BROWN RICE	150g
EGGPLANT	1
SNOW PEAS	150g
CELERY STICKS	2
GARLIC CLOVES	2
GINGER	1 piece
CHIVES	1 bunch
SZECHUAN SPICE MIX	1 packet
CHINESE STIR FRY SAUCE	100ml
RED CHILLI	1
FRIED SHALLOT & PEANUT MIX	30g

#### FROM YOUR PANTRY

sesame oil, salt, pepper, soy sauce (or tamari)

#### **KEY UTENSILS**

2 frypans, saucepan

#### **NOTES**

You can use a teaspoon to peel your ginger easily; this will help to get in between and over any bumps!

To reduce the dishes, remove braised eggplant from pan at the end of step 4 and wipe clean to use for step 5.



Scan the QR code to submit a Google review!



#### 1. COOK THE RICE

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



#### 2. PREPARE THE INGREDIENTS

Cut eggplant into pieces. Add to a bowl with 1 tbsp salt and 2 cups water to soak.

Slice celery, trim and slice snow peas, crush garlic, peel and grate ginger (see notes), and cut 1/2 bunch chives.



#### 3. BROWN THE EGGPLANT

Heat a large frypan or wok over mediumhigh heat with **sesame oil.** Add eggplant and cook, tossing occasionally, for 5-7 minutes, until browned on each side.



#### 4. BRAISE THE EGGPLANT

Add ginger, spice mix, cut chives and 1/2 garlic to frypan. Cook for 1 minute. Add stir fry sauce and 1 cup water. Reduce heat and cook for 3-5 minutes to thicken sauce. Season to taste with soy sauce.



#### **5. STIR FRY THE VEGETABLES**

Heat a second frypan (see notes) over high heat with **sesame oil.** Add celery, snow peas, remaining garlic and **3 tsp soy sauce**. Stir fry for 2-3 minutes until vegetables are just cooked. Season to taste with **soy sauce** and **pepper**.



## 6. FINISH AND SERVE

Finely slice chilli and remaining chives.

Divide rice among bowls. Top with braised eggplant, fried shallot and peanuts, red chilli and chives. Serve with a side of stirfried veg.

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



