





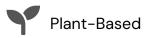
Szechuan Braised Eggplant

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.







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.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

13g 10g

93g

FROM YOUR BOX

BROWN RICE	300g
EGGPLANTS	2
SNOW PEAS	250g
CELERY STICKS	3
GARLIC CLOVES	3
GINGER	20-30g
CHIVES	1 bunch
SZECHUAN SPICE MIX	1 packet
CHINESE STIR FRY SAUCE	100ml
RED CHILLI	1
FRIED SHALLOT & PEANUT MIX	60g

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.



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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 **2 tbsp salt** and **2 cups water** to soak. Slice celery, trim and slice snow peas,

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 1/2 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 **1 tbsp 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.

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