



Product Spotlight: Peanuts

Peanuts are a great source of protein. They also contain other healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.



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.



30 minutes



4 servings



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.

Per serve: **PROTEIN** 13g **TOTAL FAT** 10g **CARBOHYDRATES** 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, 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 medium-high 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 stir-fried veg.

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