



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



2 servings



Plant-Based

Spice it down!

Our Szechuan spice mix uses the floral Sichuan peppercorn in the blend! This pepper is known for its tingly numbing spice. If you prefer less heat, you can halve the amount used or leave the spice mix out all together.

Per serve: **PROTEIN** 11g **TOTAL FAT** 24g **CARBOHYDRATES** 53g

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.

Szechuan spice mix: garlic granules, ground cumin, Chinese five spice, ground Szechuan pepper, dried chilli flakes, coconut sugar.



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. 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 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 stir-fried 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**

