



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Beerenberg Marmalade

About 200 years ago, George and Anna Paech came from Prussia and settled in the Adelaide Hills where they started what is known as Beerenberg farm. The name Beerenberg means 'Berry Hill' in German.



2 Ginger and Orange Stir Fry with Eggplant

A zingy ginger and orange sauce stir fried through vegetables, served with rice and eggplant.



30 mins



2 servings



Plant-Based

6 August 2021

Fried rice!

You can turn this into a delicious fried rice dish. Cook the rice the day before and allow to cool in the fridge. Once you have cooked your vegetables, add the cooked rice into the pan with the prepared sauce and heat through.

Per serve: **PROTEIN** 14g **TOTAL FAT** 14g **CARBOHYDRATES** 59g

FROM YOUR BOX

BROWN BASMATI RICE	150g
BABY EGGPLANTS	2
GINGER	1 piece
MARMALADE	1/2 jar *
SPRING ONIONS	1/2 bunch *
GREEN BEANS	1/2 bag (75g) *
ZUCCHINI	1/2 *
CORN COB	1
SUPER SEED MIX	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, soy sauce (or tamari), Chinese five spice, red wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

We used sesame oil for extra flavour but any neutral oil will work great.



1. COOK THE RICE

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



2. COOK THE EGGPLANT

Heat a frypan over medium–high heat with oil (see notes). Slice eggplants in half lengthways. Coat in oil, 1 tsp Chinese five spice, salt and pepper. Cook for 3–5 minutes each side until golden. Set aside and keep frypan.



3. MAKE THE SAUCE

Grate ginger into a bowl to yield 1 tsp. Mix with 3 tbsp marmalade, 1/2 tbsp vinegar and 1/2 tbsp soy sauce.



4. STIR FRY VEGETABLES

Reheat frypan over medium–high heat with oil. Cut spring onions (reserve green tops), trim and halve green beans, slice zucchini into thick crescents and remove corn kernels from cob. Add to pan as you go. Cook, stirring, for 4–6 minutes until vegetables are tender.



5. ADD THE SAUCE

Toss through half the sauce until vegetables are well coated.



6. FINISH AND PLATE

Thinly slice remaining spring onions. Spoon even amounts of rice into bowls, top with vegetables and eggplant. Spoon over remaining sauce, garnish with spring onions and super seed mix.

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

