



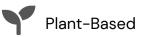
Ginger and Orange Stir Fry with Eggplant

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





2 servings



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.

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.

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