



Gluten-Free Grains Stir Fry

with Chinese Broccoli and Eggplant



30-40min



2 Servings

This gluten-free dish is overflowing with good-for-you ingredients like ginger, Chinese broccoli, and eggplant. The yummy sweet and sour glaze makes the eggplant the icing on the cake, but the sweetness is offset by a balance from the rice vinegar and kick of sriracha! The Chinese broccoli stems stay crisp-tender, while the leaves wilt down to integrate with the stir-fried grains. Cook, relax, ...

What we send

- Chinese broccoli
- gluten-free grains blend
- scallions
- rice vinegar
- adzuki beans
- Italian eggplant
- fresh ginger
- packets sriracha sauce
- mixed sesame seeds ¹¹

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil
- sugar

Tools

- fine-mesh sieve
- medium skillet
- rimmed baking sheet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 967kcal, Fat 47g, Carbs 114g, Proteins 22g



1. Cook grains

Drain and rinse **adzuki beans**. Heat **1 teaspoon oil** in a small saucepan over medium. Add **grains** and toast, stirring, 2 minutes. Add **1 cup water, adzuki beans**, and **½ teaspoon salt** and bring to a boil. Reduce heat to low, cover, and simmer until tender and water is absorbed, 22-25 minutes. Remove from heat and cover to keep warm.



4. Broil eggplant

On prepared baking sheet, toss **eggplant** with **2 tablespoons oil** and **¼ teaspoon each salt and pepper**. Broil until eggplant is softened and browned in spots, 6-8 minutes (watch closely). Remove from oven and brush with **¼ cup of the glaze**. Broil again until eggplant is caramelized, 2-4 minutes more (watch closely). Remove from oven and cover to keep warm.



2. Prep ingredients

Meanwhile, trim stem end from **eggplant**, then cut into ½-inch rounds. Peel and finely grate **1½ teaspoons ginger** (save rest). Thinly slice **broccoli stems** on an angle. Stack **broccoli leaves**, roll, then slice crosswise into wide ribbons. Trim ends from **½ of scallions**; thinly slice (save rest for own use). Line a rimmed baking sheet with foil; lightly **oil**.



5. Add Chinese broccoli

Heat **1 tablespoon oil** in a medium nonstick skillet over medium high. Add **scallions** and **remaining grated ginger**, and cook until fragrant, 30 seconds. Add **broccoli stems, ¼ teaspoon salt**, and **a few grinds pepper**. Cook until crisp-tender, 2-3 minutes.



3. Make glaze

In a medium bowl, whisk **vinegar, sriracha, half of the grated ginger, ¼ cup sugar**, and **2 tablespoons each oil and water**. Season with **1 teaspoon salt** and **a few grinds pepper**. Preheat broiler with top rack 6 inches from heat source.



6. Finish & serve

Add **broccoli leaves**, and cook until wilted, 2 minutes. Add **grains** and **beans**. Cook, stirring frequently, until warm, about 3 minutes. Remove from heat. Season to taste with **salt** and **pepper**. Scoop **grains** and **veggies** into bowls. Top with **eggplant slices**. Drizzle with **remaining glaze** and sprinkle with **sesame seeds**. Enjoy!