

DINNERLY



Low-Cal Sautéed Eggplant & Ready to Heat Rice

with Garlic Sauce



30min



2 Servings

Our favorite thing about eggplant? It's so hard to choose, but we'd have to go with its incredible sauce-soaking abilities. That's why we made the ultimate sweet, savory, garlicky, sticky sauce that only an eggplant could take to new heights. Doesn't hurt to simmer it with fresh mint and top it off with toasted sesame seeds, too. We've got you covered!

WHAT WE SEND

- 1 eggplant
- ½ oz fresh mint
- 2 oz tamari soy sauce ⁶
- ¼ oz pkt toasted sesame seeds ¹¹
- 2 (2 oz) teriyaki sauce ¹⁶
- 10 oz ready to heat jasmine rice

WHAT YOU NEED

- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) ¹⁷
- all-purpose flour ¹
- neutral oil
- garlic

TOOLS

- small saucepan
- large nonstick skillet
- microwave

ALLERGENS

Wheat (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 500kcal, Fat 17g, Carbs 76g, Protein 15g



1. Prep ingredients

Meanwhile, cut **eggplant** into 1-inch pieces.

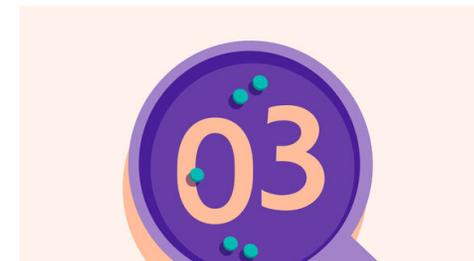
Thinly slice **2 large garlic cloves**.

Pick **mint leaves** from stems; discard stems.



2. Make garlic sauce

In a small bowl, combine **all of the teriyaki sauce, tamari, sliced garlic, ¼ cup water, 1 tablespoon flour, and 2 teaspoons vinegar**. Set aside until step 5.



3. Cook eggplant

Heat **2 tablespoons oil** in a large nonstick skillet over medium-high until shimmering. Add **eggplant**; cook, stirring occasionally, until browned and beginning to soften, about 8 minutes. Add **garlic sauce** and bring to a boil over high heat; lower heat and simmer, stirring, until liquid is mostly reduced and eggplant is glazed and saucy, about 2 minutes. Remove skillet from heat.



4. Cook rice

Meanwhile, transfer **rice** to a bowl; cover and microwave on high until steaming, 1–2 minutes. Cover to keep warm until ready to serve.



5. Finish & serve

To skillet with eggplant, stir in **most of the mint**. Season to taste with **salt and pepper**. Tear remaining mint into smaller pieces. Fluff **rice** with a fork.

Serve **sautéed eggplant** over **rice** with **remaining mint leaves** and **sesame seeds** sprinkled over top. Enjoy!



6. Make it meaty!

We made this a vegetarian meal on purpose, but if you have carnivores at the table, check out our handy protein packs! Cook some ground beef or pulled pork and add to the sauce at the end, or serve this dish with chicken breast alongside.