

# MARLEY SPOON



## 🔖 Miso Eggplant & Potato Kimpira

with Spinach Gomaee & Rice



1h



2 Servings

Why have one dish when you can have three? Miso-glazed eggplant develops a beautiful char in the oven before topped with sesame seeds. Carrot and potato ribbons sautéed in tamari and mirin provide a pleasant crunch to complement silky spinach tossed in a sesame dressing. With an abundance of texture and flavor, only a simple side of sushi rice is needed to complete the table.



## What we send

- 5 oz brown rice
- 1 eggplant
- 2 (¼ oz) pkts toasted sesame seeds <sup>1</sup>
- 1 potato
- 1 small bag carrots
- 2 (0.63 oz) miso paste <sup>2</sup>
- 2 (1 oz) mirin <sup>3</sup>
- 5 oz baby spinach
- 2 (½ oz) tamari soy sauce <sup>2</sup>
- ½ oz toasted sesame oil <sup>1</sup>

## What you need

- neutral oil
- sugar

## Tools

- fine-mesh sieve
- small saucepan
- rimmed baking sheet
- aluminium foil
- microwave
- strainer or colander
- medium skillet

## Cooking tip

If potatoes and carrots are cut thicker and are not tender enough at the end of step 5, add another 2 tablespoons water to skillet and continue cooking to desired texture.

## Allergens

Sesame (1), Soy (2), Sulphites (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 690kcal, Fat 16g, Carbs 125g, Protein 16g



### 1. Cook rice

Preheat oven to 450°F with racks in the center position and 6-inches away from heat source. Rinse **rice** in a fine-mesh sieve until the water runs clear. In a small saucepan, combine rice and **1¼ cups water**; bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, 17–20 minutes. Keep covered off heat until ready to serve.



### 4. Cook spinach

In a large bowl, microwave **spinach**, covered, until dark green and tender, 2–3 minutes. Transfer to a strainer or colander and rinse under **cold water** until cool.

In same bowl, stir together **chopped sesame seeds** and **½ tablespoon each of tamari, sesame oil, and sugar** until sugar is dissolved. Squeeze **spinach** to expel excess water before adding to dressing. Mix well and set aside.



### 2. Roast eggplant

Line a rimmed baking sheet with aluminum foil. Halve **eggplant** lengthwise. Use a knife to gently score a crosshatch pattern into the flesh (don't pierce the skin). Lightly coat all over with **neutral oil**; place on prepared baking sheet, cut side down. Bake on center rack until flesh is tender when pierced with a fork, 20–25 minutes.



### 5. Cook potatoes & carrots

In a medium skillet, heat **remaining sesame oil** and **½ tablespoon neutral oil** over medium. Add **potato**; cook, stirring frequently, until slightly softened, about 2 minutes.

Add **carrots**; continue cooking for 2 minutes more. Add **remaining tamari and mirin** and **1 tablespoon sugar**; cook until pan is mostly dry and vegetables are crisp-tender, about 2 minutes (see Cooking Tip).



### 3. Prep ingredients

Meanwhile, finely chop **half of the sesame seeds** into a coarse powder. Peel **potato** and **carrot**; cut each into ⅛-inch thick matchsticks, keeping separate. In a strainer or colander, rinse potatoes until water runs clear; drain well.

In a small bowl, stir together **miso, half of the mirin**, and **1 tablespoon sugar** until smooth.



### 6. Glaze eggplant & serve

Stir **half of the remaining sesame seeds** into **potatoes**; set aside until ready to serve. Switch oven to broil. Flip **eggplants** and spread an even layer of **miso glaze** over each. Broil on upper rack until glaze is caramelized, 5–7 minutes (watch carefully as broilers vary).

Garnish **eggplant** with **remaining sesame seeds**. Serve **dishes** with **rice**. Enjoy!