



Miso Eggplant & Potato Kinpira

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 sushi rice
- 1 eggplant
- 2 (¼ oz) pkts toasted sesame seeds ¹
- 1 potato
- 3 oz carrots
- 2 (0.63 oz) miso paste ²
- 2 (1 oz) mirin
- 5 oz baby spinach
- 2 (½ oz) tamari soy sauce ²
- ½ oz toasted sesame oil ¹

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). 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!