



Plant-Based: Persian-Style Braised Eggplant

over Turmeric Rice with Fresh Herbs



30-40min



2 Servings

You don't have to be a vegetarian to enjoy this delicious plant-based meal. It's full of fresh herbs and warm spices. The flavors in this recipe blend perfectly with tender roasted eggplant, tomatoes, and sweet sautéed onions, creating a hearty stew. We pair it with antioxidant-rich turmeric rice, fresh cilantro, and lime for a well-balanced, flavor-packed bite.

What we send

- 1 lb eggplant
- ¼ oz turmeric
- 5 oz jasmine rice
- 1 medium yellow onion
- ¼ oz warm spice blend
- 1 can whole peeled tomatoes
- 1 lime
- ½ oz fresh cilantro
- ½ oz fresh dill

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- small saucepan
- medium Dutch oven or pot

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 640kcal, Fat 27g, Carbs 93g, Proteins 10g



1. Roast eggplant

Preheat oven to 450°F with a rack in the center. Trim ends from **eggplant** (peel if desired), then cut into 1-inch cubes. Transfer to rimmed baking sheet and toss with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on center oven rack until eggplant is golden on one side and cooked through, 15-18 minutes (watch closely as ovens vary).



4. Add aromatics

Add **all of the warm spice blend** and ½ **teaspoon turmeric** to pot with **onions**. Cook, stirring, until fragrant, about 30 seconds. Add **tomatoes** and cook, breaking up tomatoes with a spoon.



2. Cook rice

Heat **2 teaspoons oil** in a small saucepan over medium. Add **1 teaspoon turmeric** and cook, stirring, until fragrant, about 30 seconds. Add **rice, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Reduce heat to low, cover and cook until rice is tender, about 17 minutes. Keep covered until ready to serve.



5. Braise eggplant

Add **roasted eggplant** and ⅔ **cup water** to pot with **tomatoes**. Partially cover, then cook over medium-high heat, gently crushing eggplant with a spoon, until eggplant is very soft, about 15 minutes (reduce heat to medium if liquid is reducing too quickly). Season to taste with **salt** and **pepper**.



3. Sauté onions

Halve and thinly slice **onion**. Heat **1 tablespoon oil** in medium Dutch oven or pot over medium heat. Add onions and season with **salt** and **pepper**. Cook, stirring, until onions are softened and beginning to brown, about 5 minutes.



6. Finish & serve

Coarsely chop **cilantro leaves and dill fronds**, keeping them separate. Squeeze **1 teaspoon lime juice** and stir and half of the cilantro into **eggplant**. Season to taste with **salt and pepper**. Fluff **rice** with fork; stir in dill. Cut remaining lime into wedges. Serve **braised eggplant** over **rice**. Garnish with **remaining cilantro** and serve **lime wedges** on the side. Enjoy!