

DINNERLY



Low-Cal Eggplant with Garlic Sauce over Jasmine Rice



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 basil and top it off with toasted sesame seeds, too. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 lb eggplant
- garlic
- ½ oz fresh basil
- 2 (1.8 oz) kecap manis ^{1,6}
- 2 oz tamari ⁶
- ¼ oz pkt toasted sesame seeds ¹¹

WHAT YOU NEED

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

TOOLS

- small saucepan
- large nonstick skillet

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 590kcal, Fat 17g, Carbs 102g, Proteins 12g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 17 minutes. Cover to keep warm off heat until ready to serve.



4. 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.



2. Prep ingredients

While **rice** cooks, cut **eggplant** into 1-inch pieces.

Thinly slice **2 large garlic cloves**.

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



5. Finish & serve

Remove skillet from heat; stir in **most of the basil**. Season to taste with **salt** and **pepper**. Tear remaining basil into smaller pieces. Fluff **rice** with a fork.

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



3. Make garlic sauce

In a small bowl, stir to combine **all of the kecap manis**, **tamari**, **sliced garlic**, **¼ cup water**, **1 tablespoon flour**, and **2 teaspoons vinegar**.



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.