

# DINNERLY



## Low-Cal Sautéed Eggplant & Brown 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

- 5 oz quick-cooking brown rice
- 1 eggplant
- ½ oz fresh mint
- 2 oz tamari soy sauce <sup>6</sup>
- ¼ oz pkt toasted sesame seeds <sup>11</sup>
- 2 (2 oz) teriyaki sauce <sup>1,6</sup>

### WHAT YOU NEED

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

### 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 560kcal, Fat 19g, Carbs 81g, Protein 17g



#### 1. BROWN RICE VARIATION

Bring a medium saucepan of **salted water** to a boil over high heat. Add **brown rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve.

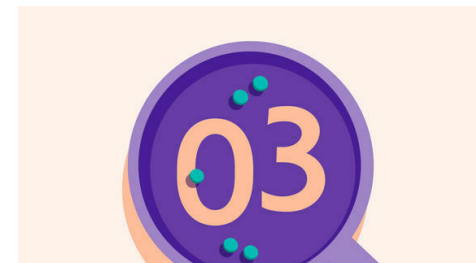


#### 2. Prep ingredients

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

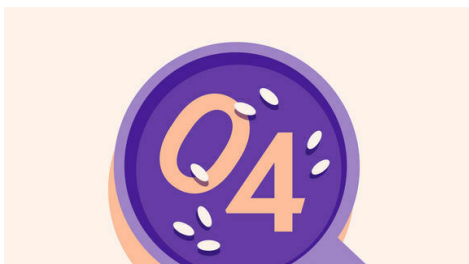
Thinly slice **2 large garlic cloves**.

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



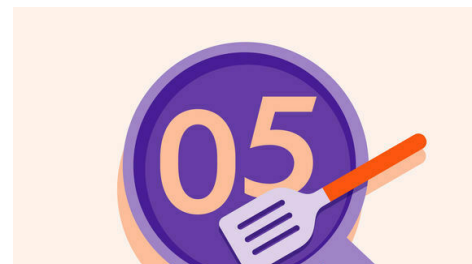
#### 3. Make garlic sauce

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.



#### 4. Cook eggplant

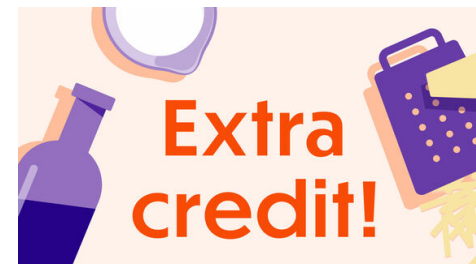
Heat **2 tablespoons oil** in a large nonstick skillet over medium-high until shimmering. Add **eggplant**; cook, stirring occasionally, until browned and beginning to soften, about 8 minutes. Add **garlic sauce** and bring to a boil over high heat; lower heat and simmer, stirring, until liquid is mostly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



#### 5. Finish & serve

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

Serve **sautéed eggplant** over **brown 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.