



Miso Eggplant & Potato Kinpira

with Spinach Gomaae & Brown 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 brown rice is needed to complete the table.

What we send

- 5 oz brown 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
- medium 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 17g, Carbs 123g, Protein 17g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Cook rice

Preheat oven to 450°F with racks in the center position and 6-inches away from heat source. Bring a medium saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, 35-40 minutes. Drain in a fine-mesh sieve. Return to saucepan, off heat, and cover to keep warm 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!