



Everything  
But The Chef

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## Ginger Eggplant Stir Fry

Who doesn't love a stir-fry? If you're a long-time lover of the signature mix of sweet, spicy, and salty, then you are going to love this simple dish. Instead of the usual suspects, we've lightly marinated baby eggplants and yellow squash as fun vegetable alternatives.



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1



4 pantry items



Baby Eggplant



Ginger



Long Chilli



Garlic



Rice



Oyster Sauce



Snow Peas



Squash



Cashews

2P	4P	Ingredients
2	4	baby eggplant, sliced diagonally
1 knob	2 knobs	ginger, peeled & finely chopped
1	2	long chilli, deseeded & sliced
1	2	garlic clove, peeled & crushed
1 tbs	2 tbs	vegetable oil *
120 g	240 g	rice
1 tbs	2 tbs	water *
1 tbs	2 tbs	oyster sauce
2 tsp	1 tbs	soy sauce *
2 tsp	1 tbs	sugar *
100 g	200 g	snow peas, sliced on the diagonal
3	6	squash, halved & finely sliced
80 g	160 g	cashews, roughly chopped

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2040	Kj
Protein	12.5	g
Fat, total	30.5	g
-saturated	5	g
Carbohydrate	37.8	g
-sugars	14.5	g
Sodium	865	mg

#### Measuretool

0 cm	1 cm	2 cm



**1** Place the **rice** into a sieve and rinse it with cold tap water, the water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for **10-12 minutes** until soft. Drain and rinse.

**2** Place the **eggplant** into a bowl, add in the **ginger, chilli, garlic,** and the **vegetable oil**, and leave to sit for **5 minutes**.



**3** Heat a wok or large frying pan over a medium-high heat, add the marinated eggplant and **water** to the pan and cook for **5 minutes**. Now add in the **oyster sauce, soy sauce, sugar, snow peas** and **squash** and cook for **1-2 minutes** or until the veggies are slightly soft. Remove from heat and stir through the **cashews**.

**4** Divide the rice between bowls and spoon over the saucy ginger eggplant stir fry.



**Did you know?** Eggplant, like tomatoes, are often thought of as a vegetable, but are technically fruit.