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Ginger Eggplant Stir-Fry with Cashews & Jasmine Rice

If you're a long-time lover of that signature Thai mix of sweet, spicy, salty and sour, then you are going to love this stir-fry. Eggplant is beautiful any which way you do it, but these lightly marinated and fried baby eggplants are a cute vegetable alternative and, as they say, variety is the spice of life.



Prep: 15 mins



Cook: 15 mins



Total: 30 mins



level 1



spicy

Pantry Items



Olive Oil



Water



Salt-Reduced Soy Sauce



Jasmine Rice



Eggplant



Ginger



Long Red Chilli



Garlic



Hoisin Sauce



Sugar Snap Peas



Yellow Zucchini



Cashew Nuts

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2P	4P	Ingredients
3 cups	6 cups	water *
1 packet	2 packets	Jasmine rice, rinsed well
2	4	baby eggplants, sliced diagonally
1 knob	2 knobs	ginger, peeled & finely chopped
1	2	long red chilli, deseeded & sliced
1 clove	2 cloves	garlic, peeled & crushed ⊕
2 tbs	4 tbs	olive oil *
1 tub	2 tubs	hoisin sauce
1 tbs	2 tbs	salt-reduced soy sauce *
1 packet	2 packets	sugar snap peas, trimmed & destring
1	2	yellow zucchini, thinly sliced on an angle
1 packet	2 packets	cashews, roughly chopped

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2670	Kj
Protein	14	g
Fat, total	24.4	g
-saturated	3.7	g
Carbohydrate	87	g
-sugars	23.6	g
Sodium	911	mg



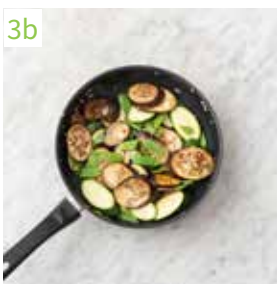
You will need: *chef's knife, chopping board, garlic crusher, sieve, medium saucepan with lid, medium bowl, large wok or frying pan and wooden spoon.*

1 In a medium saucepan add some **salt** to the **water** and bring to the boil. Add the **Jasmine rice** and cook for **10-12 minutes**, or until soft. Drain and return to the pan. Cover.

2 Meanwhile, place the **baby eggplant** into a medium bowl, add in the **ginger, long red chilli, garlic**, and **olive oil**, and leave to sit for **5 minutes**.

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

4 To serve, divide the rice between bowls and spoon over the saucy ginger eggplant stir-fry.



Did you know? Eggplant, like tomato, is often thought of as a vegetable, but is technically fruit.