

MARLEY SPOON



Brown Rice Bowl

with Miso Eggplants



30-40min



2 Portions

If you've never had miso eggplant before, you're missing out! It's such a delectable combination and is often found on Japanese restaurant menus. While it's usually served as an entrée, we've turned it into a main meal here by serving it with nutty brown rice tossed with coriander and a handful of fresh rocket leaves.

What we send

- sesame seed mix ¹¹
- 1 garlic clove and coriander
- eggplant
- baby rocket leaves
- white miso paste ⁶
- vegetable stock concentrate
- brown rice
- onion

What you'll require

- Australian honey
- soy sauce ⁶
- vegetable oil

Utensils

- foil
- Kettle
- medium saucepan
- oven tray
- pastry brush
- sieve

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 550.0kcal, Fat 13.4g, Proteins 16.8g, Carbs 84.6g



1. Prepare rice

Bring a kettle to the boil. Finely chop the **onion**. Crush or finely chop the **garlic**. Rinse the rice under cold running water to remove some of the starch. Combine the **vegetable stock concentrate** with 410ml (1 $\frac{2}{3}$ cups) boiling water.



2. Cook rice

Heat 1 tbs **oil** in a medium saucepan over medium-high heat. Cook the **onion** and **garlic** for 5 mins or until softened. Add the **rice**, stir well and then pour in the stock. Cover and cook over medium-low heat for 25-30 mins until rice is cooked and stock absorbed.



3. Make sauce

Meanwhile, combine the **miso paste**, 2 tsp **soy sauce** and 3 tsp **honey** until smooth.



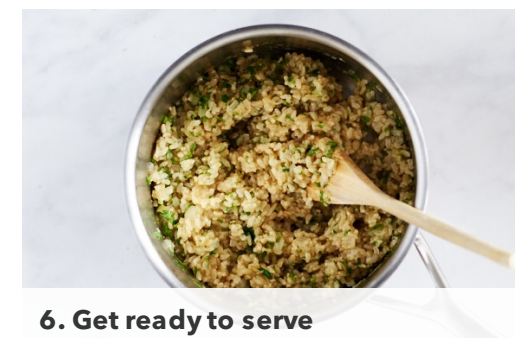
4. Prepare eggplants

Cut **eggplants** into wedges and place on an oven tray lined with foil.



5. Cook eggplants

Heat the oven grill to low. Brush the cut surface of the **eggplant** with the **sauce**. Grill for 8-10 mins until golden, soft and tender all the way through. Cooking time will depend on your oven grill.



6. Get ready to serve

Chop the **coriander** and stir through the **rice**. Season to taste. Spoon the rice onto plates and top with the **grilled eggplants**. Sprinkle with **sesame seeds** and top with **baby rocket**.