



Hot and Numbing Eggplant and Tofu

with Shiitake and Black Vinegar



20-30min



2 Portions

For this week's Australia On a Plate, we bring you classic Sichuan flavours to celebrate our rich, diverse Chinese cuisine. 'Hot and numbing' refers to a style of dishes featuring the spicy, aromatic and tongue-tingling Sichuan pepper. Don't worry, we've taken it easy on you, toning down the heat and balancing it out with malty black vinegar, sugar and ginger, and using dried shiitake to produc...

What we send

- garlic, ginger, spring onion, coriander
- dried chilli flakes
- dried shiitake mushrooms ¹⁷
- tofu puffs ⁶
- Chinese black vinegar
- jasmine rice
- roasted peanuts ⁵
- ground Sichuan peppercorns
- eggplant

What you'll require

- boiling water
- salt
- soy sauce ⁶
- sugar
- vegetable oil

Utensils

- baking paper
- oven tray

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

Cooking tip

Soaking strips of spring onion in cold water will make them extra crisp and attractively curly for presentation.

Allergens

Peanuts (5), Soy (6), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 730.0kcal, Fat 29.1g, Proteins 28.4g, Carbs 85.8g



1. Roast eggplant

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **eggplant** lengthwise into thirds, then cut into large pieces. Put on the lined tray and toss with **salt** and **half the oil**. Roast for 18-20 mins until golden, turning halfway. Meanwhile, put **mushrooms** and the **boiling water** (see staples list) in a bowl and cover. Soak for 10 mins to soften.



4. Prepare sauce

Remove the **mushrooms** from the water, reserving the liquid. Trim and discard the mushroom stems, then very thinly slice the caps. Return the **mushrooms** to the liquid with the **black vinegar, sugar** and **soy sauce**, and stir well to dissolve the sugar. Using a mortar and pestle, grind the **peppercorns** until you have reduced them to a powder.



2. Cook rice

While the mushrooms are soaking, rinse the **rice** well. Place in a small saucepan with the **cold water** (see staples list), cover with a lid and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until rice is tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins. Fluff rice with a fork.



5. Fry tofu

Heat the **remaining oil** in a wok or large frypan over medium-high heat. Add the **tofu** and cook for 1-2 mins each side or until evenly golden and crisp. Remove with a slotted spoon and set aside. Add the **ginger, garlic, Sichuan pepper** and **chilli flakes to taste** to the pan, and stir-fry for 1 min or until fragrant.



3. Prepare ingredients

While the rice is cooking, finely grate the **ginger** and **garlic**. Cut the **spring onion** into 5cm lengths, then cut into thin matchsticks. Put in a bowl of cold water and set aside in the fridge until needed (see cooking tip). Coarsely chop the **peanuts**.



6. Combine ingredients

Add the mushroom mixture and bring to a simmer. Cook for 2-3 mins until reduced slightly and mushrooms are tender. Add tofu and eggplant and toss gently to coat. Cook for 1-2 mins until sauce has thickened slightly. Divide **rice** among bowls and top with stir-fry. Scatter over **peanuts**, drained **spring onion** and torn **coriander** to serve.