

# DINNERLY



## Beef and Eggplant Stir-Fry with Steamed Rice



20-30 minutes



2 Servings

Why dine out when you can have an Asian meal on the table in under 30 minutes? Soften eggplant in a hot wok, brown the beef, then toss to combine with oyster and soy sauce. Hello, dinner.

## WHAT WE SEND

- 150g green beans
- 1½ tbs oyster sauce <sup>1,2,4,11</sup>
- 300g eggplant
- 150g jasmine rice
- 1 onion
- premium beef mince

## WHAT YOU NEED

- chilli flakes
- garlic clove
- soy sauce <sup>6</sup>
- sugar
- vegetable oil
- water

## TOOLS

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

## ALLERGENS

Gluten (1), Shellfish (2), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 805kcal, Fat 35.2g, Carbs 73.6g, Protein 43.8g



### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



### 2. Prep vegetables

Trim the **eggplant**. Cut into 1cm-thick slices, then cut into 1cm-wide batons. Thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Trim the **beans** and cut into 3-4cm lengths.



### 3. Stir-fry eggplant

Heat **1 tbs vegetable oil** in a wok or large deep frypan over medium-high heat. Stir-fry the **eggplant** for 5-6 mins until soft. Remove from the wok. Heat **1 tbs vegetable oil** in the wok. Stir-fry the **onion, garlic** and **¼ tsp chilli flakes** (optional, or to taste) for 2 mins or until fragrant and softened.



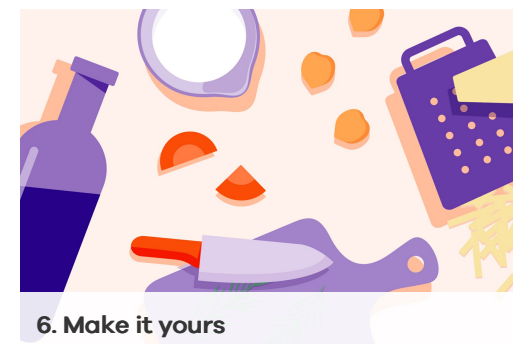
### 4. Add beef and sauces

Add the **beef mince** and cook, breaking up any lumps, for 4-5 mins until browned. Add the **eggplant** and **beans** and cook, tossing, for 2-3 mins. Add the **oyster sauce, 1 tbs soy sauce** and **1 tsp sugar** and stir-fry for 1 min or until the eggplant is warmed through and beans are just tender.







### 5. Serve up

Divide the **rice** and **beef and eggplant stir-fry** among bowls to serve.



### 6. Make it yours

Like crunch? Sprinkle over chopped toasted cashews or almonds to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     #dinnerly

 Packed in Australia  
from at least 40%  
Australian ingredients