

DINNERLY



Beef and Eggplant Stir-Fry with Steamed Rice



20-30 minutes



4 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

- 2 eggplants
- premium beef mince
- 60ml (¼ cup) oyster sauce ^{1,2,4}
- 300g green beans
- 300g jasmine rice
- 1 onion

WHAT YOU NEED

- chilli flakes
- garlic clove
- soy sauce ⁶
- 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).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 800kcal, Fat 35.2g, Carbs 72.5g,
Protein 43.4g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml 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.



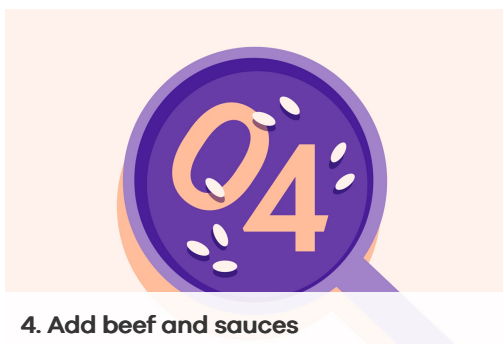
2. Prep vegetables

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



3. Stir-fry eggplant

Heat **2 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 **2 tbs vegetable oil** in the wok. Stir-fry the **onion, garlic** and **½ tsp chilli flakes** (optional, or to taste) for 2 mins or until fragrant and softened.



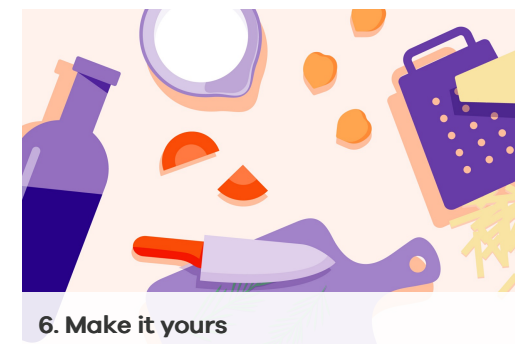
4. Add beef and sauces

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, 2 tbs soy sauce** and **2 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.



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
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 **Packed in Australia**
from at least **45%**
Australian ingredients