

DINNERLY



⚡ FAST

🍏 HEALTHY

Eggplant Steaks with Malaysian Noodle Salad

🕒 20-30 minutes 🍴 2 Servings

Packed with fresh crunchy vegetables and topped with soft spiced eggplant steaks, this Malaysian noodle salad hits all the right spots.

WHAT WE SEND

• 5

WHAT YOU NEED

- Australian honey
- soy sauce ⁶
- vegetable oil
- white vinegar

TOOLS

- large frypan
- sieve

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

COOKING TIP

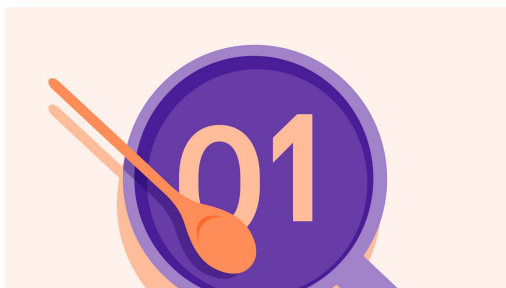
Get super-thin cabbage with a mandoline or use slow fine strokes with a large sharp knife. -Malaysian curry powder has a mild chilli flavour, so reduce to taste for less heat.

ALLERGENS

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

NUTRITION PER SERVING

Energy 520kcal, Fat 25.2g, Carbs 53.8g, Proteins 14.3g



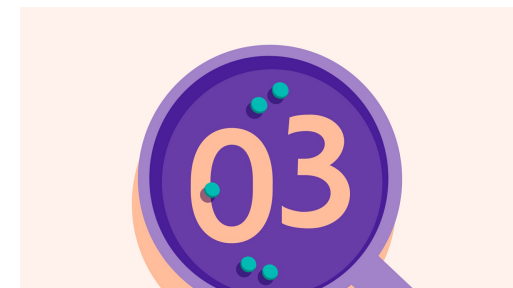
1. Prep veggies

Trim the **eggplant** and cut widthwise into 1cm-thick rounds. Trim the **beans** and halve lengthwise. Very thinly slice the **cabbage** (see cooking tip). Crush or finely chop **1 garlic clove**. Coarsely chop the **peanuts**.



2. Cook eggplant

Combine the **Malaysian curry powder** (see cooking tip) and **1 tbs vegetable oil** in a bowl, add the **eggplant**, season with **salt and pepper** and toss to coat. Heat a large frypan over medium heat. Cook the eggplant steaks for 4 mins each side or until tender (see Kitchen 101).



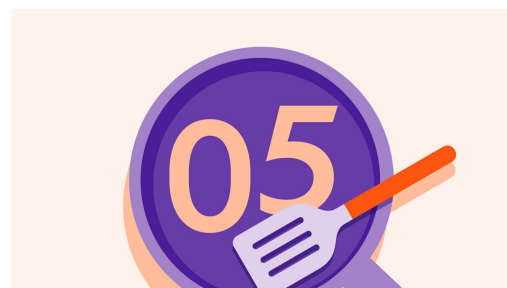
3. Soften noodles

Meanwhile, put the **noodles** and **beans** in a large bowl, cover with boiling water and stand for 5 mins or until the noodles have softened. Drain, then cool under cold running water. Return the noodles, beans and **cabbage** to the bowl.



4. Make dressing

Combine the **garlic**, **2 tbs soy sauce**, **1 tbs white vinegar**, **2 tsp vegetable oil** and **2 tsp honey** in a small bowl and season with **pepper**.







5. Combine and serve up

Add the **dressing** to the **noodle mixture** and toss to combine. Divide the **vermicelli noodle salad** among bowls and top with the **eggplant steaks**. Scatter with the **peanuts** and enjoy.



6. Kitchen 101

Want to set and forget? Preheat the oven to 200C, put the marinated eggplant on a lined oven tray and bake, turning once, for 20 mins or until tender.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au     #dinnerly

 Packed in Australia
from at least 80%
Australian ingredients