

# DINNERLY



⚡ FAST

🍏 HEALTHY

## Eggplant Steaks with Malaysian Noodle Salad

🕒 20-30 minutes    🍴 4 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 <sup>6</sup>
- vegetable oil
- white vinegar

## TOOLS

- large deep frypan
- sieve

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

## COOKING TIP

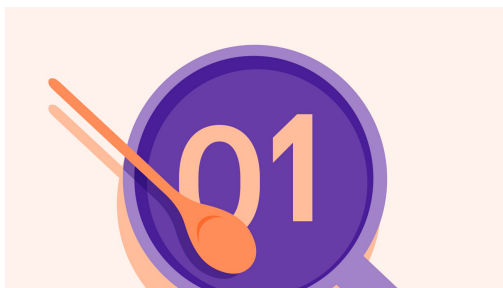
Get super-thin cabbage with a mandoline or use slow fine strokes with a large sharp knife. -Malaysian curry powder has a mild chilli flavour, so reduce to taste for less heat.

## ALLERGENS

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

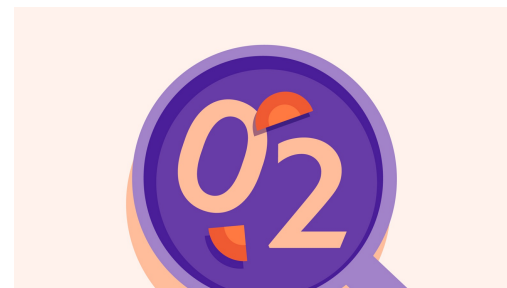
## NUTRITION PER SERVING

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



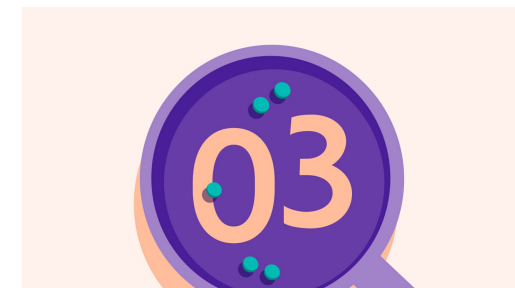
### 1. Prep veggies

Trim the **eggplants** 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 **2 garlic cloves**. Coarsely chop the **peanuts**.



### 2. Cook eggplant

Combine the **Malaysian curry powder** (see cooking tip) and **2 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, in batches if necessary, for 4 mins each side or until tender (see Kitchen 101).



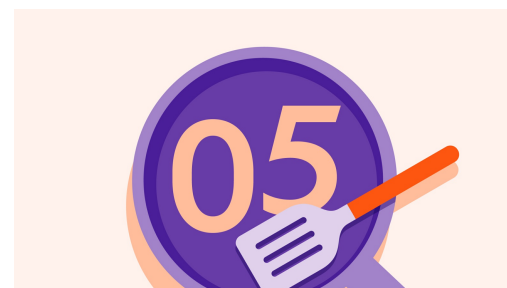
### 3. Soften noodles

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**, **80ml (1/3 cup) soy sauce**, **2 tbs white vinegar**, **1 tbs vegetable oil** and **1 tbs 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](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 80%  
Australian ingredients