

DINNERLY



 HEALTHY

Mongolian Beef with Eggplant and Brown Rice



20-30 minutes



2 Servings

Ditch the takeaway menu and stay home for Mongolian beef. This classic delivers all the flavour, but we've served it with brown rice so it's better for you!

WHAT WE SEND

- 125g brown rice
- 1 eggplant
- coriander
- beef stir-fry
- 10g cornflour¹⁷
- 5g cumin seeds

WHAT YOU NEED

- garlic clove
- soy sauce⁶
- vegetable oil
- white vinegar
- Australian honey

TOOLS

- medium saucepan with lid
- paper towel
- large frypan

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

ALLERGENS

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

NUTRITION PER SERVING

Energy 585kcal, Fat 12.3g, Carbs 66.6g, Proteins 48.6g



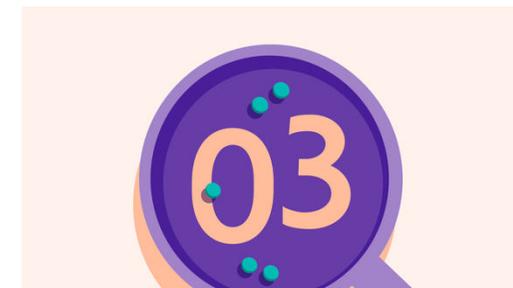
1. Cook rice

Bring **1L (4 cups) water** to the boil in a medium saucepan. Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain, then return to the pan and cover to keep warm.



2. Prep ingredients

Meanwhile, cut the **eggplant** into 1-2cm chunks (see Cooking tip). Thinly slice **2 garlic cloves**. Pick the **coriander** leaves and finely chop the stems, keeping them separate. Separate the **beef stir-fry**, then pat dry with paper towel. Put the **beef, cornflour, 1 tbs soy sauce** and **1 tsp cumin seeds** in a bowl and toss to coat.



3. Stir-fry eggplant

Heat **1 tsp vegetable oil** in a large non-stick frypan over medium-high heat. Stir-fry the **eggplant, garlic, coriander stems** and **1 tsp cumin seeds** for 10 mins or until softened and browned. Remove from the pan and wipe the pan clean.



4. Stir-fry beef

Heat **2 tsp vegetable oil** in the same pan over high heat. Stir-fry the **beef**, in two batches, for 2-3 mins until browned and crisp. Remove from the pan. Add the **eggplant mixture, 1½ tbs soy sauce, 1½ tbs white vinegar** and **3 tsp honey** to the pan and stir-fry for 1 min or until slightly reduced. Season with **pepper**.



5. Serve up

Divide the **rice** among bowls. Top with the **beef and eggplant**, scatter over the **coriander leaves** and enjoy!



6. Cooking tip

Only 300g (3½ cups) eggplant is needed for this recipe, so if your eggplant looks very large, you may want to check this. Either weigh it or fill a measuring jug with the chopped eggplant for a quick way to measure.