

DINNERLY



 HEALTHY

Mongolian Beef with Eggplant and Brown Rice

 20-30 minutes  4 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

- 250g brown rice
- 2 eggplants
- coriander
- beef stir-fry
- 20g cornflour¹⁷
- 2 x 5g cumin seeds

WHAT YOU NEED

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

TOOLS

- large saucepan with lid
- paper towel
- large deep frypan or saucepan

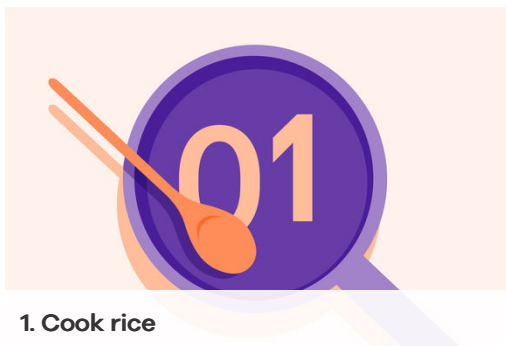
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

NUTRITION PER SERVING

Energy 595kcal, Fat 13.4g, Carbs 66.5g, Proteins 48.5g



1. Cook rice

Bring **1.5L (6 cups) water** to the boil in a large 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.



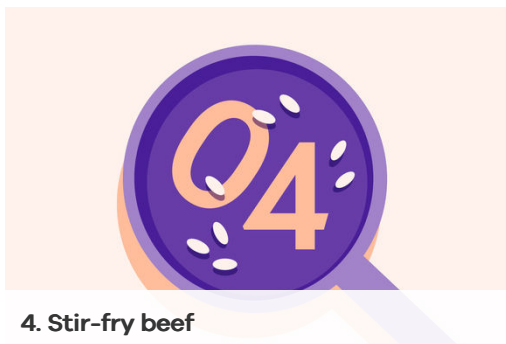
2. Prep ingredients

Meanwhile, cut the **eggplants** into 1-2cm chunks (see Cooking tip). Thinly slice **3 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, 2 tbs soy sauce** and **2 tsp cumin seeds** in a bowl and toss to coat.



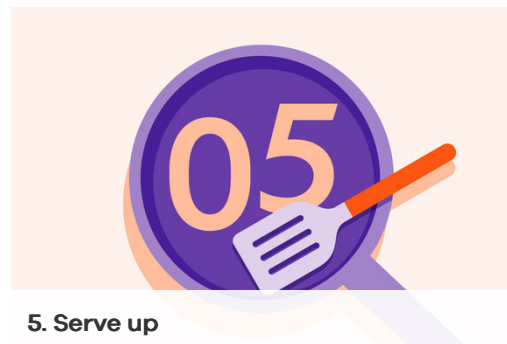
3. Stir-fry eggplant

Heat **3 tsp vegetable oil** in a large deep non-stick frypan over medium-high heat. Stir-fry the **eggplant, garlic, coriander stems** and **2 tsp cumin seeds** for 10 mins or until softened and browned. Remove from the pan and wipe the pan clean.



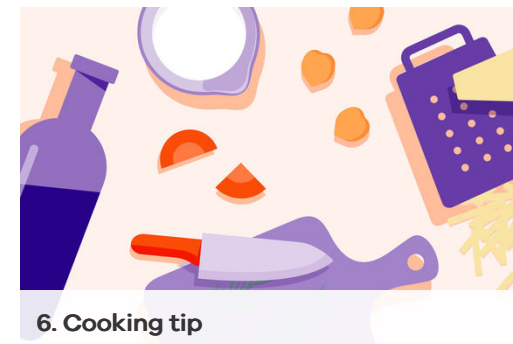
4. Stir-fry beef

Heat **1 tbs 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, 60ml (¼ cup) soy sauce, 60ml (¼ cup) white vinegar** and **1½ tbs 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 600g (7 cups) eggplant is needed for this recipe, so if your eggplants look very large, you may want to check this. Either weigh them or fill a measuring jug with the chopped eggplant for a quick way to measure.