



UCOOK

Simmering Sichuan-Style Aubergines

with jasmine rice, toasted peanuts &
pickled peppers

Fluffy jasmine rice smothered in saucy Sichuan aubergines and a sticky-red-pepper-chilli-bean flavour shebang! Top that with spring onions, edamame beans, crunchy peanuts and man, oh, man, you have a party to get to!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Karoliese Van Rooyen

 Vegetarian

 Haute Cabrière | von Arnim Family Reserve

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Ingredients & Prep

100ml	Jasmine Rice
10g	Peanuts
250g	Aubergine <i>rinsed, trimmed & cut into 1.5cm thick rounds</i>
15ml	Cornflour
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & roughly chopped</i>
37,5ml	Chilli Sauce <i>(30ml Chill Bean Paste & 7,5ml Black Vinegar)</i>
50g	Pickled Bell Peppers <i>drained & roughly chopped</i>
100g	Edamame Beans <i>shells removed</i>
7,5ml	Sesame Oil
8g	Fresh Basil <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. BUBBLE BUBBLE Boil the kettle. Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of boiled salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. NUTS FOR NUTS Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. A VEG OF MANY NAMES Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the sliced aubergine for 4-5 minutes per side until crispy on the outside but soft in the middle. Remove from the pan on completion and allow to drain on some paper towel.

4. GORGEOUS SAUCE Place the cornflour in a bowl and gradually mix in 30ml of water until a runny paste — this is called a slurry! Return the pan to a medium heat with another drizzle of oil if necessary. When hot, fry the white spring onion slices, grated garlic, and chopped chilli to taste, for 1-2 minutes until fragrant, shifting constantly. Stir in the chilli sauce, the shelled edamame beans and $\frac{3}{4}$ of the chopped peppers. Pour in 200ml of water and stir until incorporated. Once boiling, mix in the slurry and cook for 30-45 seconds until glossy. Gently submerge the aubergine and baste for 1-2 minutes until reheated. Pour in the sesame oil and stir in $\frac{1}{2}$ of the basil leaves until wilted. Remove from the heat.

5. TUCK IN! Dish up the fluffy jasmine rice and spoon over the saucy aubergine and peppers. Garnish with the chopped, toasted peanuts, the green spring onion slices, the remaining basil leaves and remaining chopped peppers. Stunning, Chef!



Chef's Tip

A slurry is a mixture of flour and water. Making a slurry before using your flour reduces the risk of it clumping when added to a sauce, soup, or stew. This way, it gets evenly dispersed with no fuss!

Nutritional Information

Per 100g

Energy	578kj
Energy	138Kcal
Protein	3.8g
Carbs	22g
of which sugars	4.7g
Fibre	2.7g
Fat	3.7g
of which saturated	0.4g
Sodium	302mg

Allergens

Allium, Sesame, Peanuts, Sulphites, Soy

Cook
within
4 Days