



UCOOK

Szechuan Braised Aubergine

with mushrooms & sushi rice

Full of umami flavor from fermented chili bean sauce, this is a classic dish from the Szechuan region that is perfectly saucy, spicy, and fragrant. Plus, it's super easy to make (as if you needed another reason to try it)!

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Rhea Hsu

 Veggie

 Leopard's Leap | Pinotage

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Ingredients & Prep

300ml	Sushi Rice
1kg	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
500g	Button Mushrooms <i>cut into quarters</i>
200g	Edamame Beans
20ml	Cornflour
40ml	Szechuan Peppercorns
2	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
20ml	Chilli Bean Sauce
20ml	Low Sodium Soy Sauce
15g	Fresh Coriander <i>rinsed & roughly chopped</i>
2	Fresh Chillies <i>deseeded (optional) & roughly sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. RICE TO MEET YOU Rinse the rice under cold water until it runs clear. Place in a lidded pot over medium-high heat with 750ml of cold, salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. Remove from the heat and fluff up with a fork.

2. GOLDEN AUBERGINE Place a pan or wok over medium heat with a drizzle of oil. When hot, add the aubergine chunks and fry for 6-7 minutes until cooked through and starting to brown, shifting occasionally. Remove from the pan.

3. MUSHIE MANIA Boil the kettle. Return the pan or wok to a medium heat with a drizzle of oil. When hot, add the quartered mushrooms and fry for 6-7 minutes until golden, shifting occasionally. You may need to do this step in batches. Remove from pan and set aside.

4. BEAN THERE Submerge the edamame beans in boiling water for 2-3 minutes until plump and heated through. Drain and set aside. In a bowl, add 20ml of cold water and the cornflour. Mix until there are no lumps.

5. SZECHUAN THE HEAT Return the pan or wok to a medium heat with 40ml of oil. When hot, add the peppercorns and cook for 2-4 minutes until fragrant and slightly brown. Remove the peppercorns from the pan and reserve the oil in the pan. Discard the peppercorns.

6. IT'S SOY TASTY Return the pan or work, with the oil, to a medium heat. When hot, add the spring onion whites and fry for 1-2 minutes until soft, shifting constantly. Add the chilli bean sauce (to taste) and fry for 1 minute until fragrant, shifting constantly. Add the fried aubergines and mushrooms, the soy sauce, and 320ml of water. Reduce the heat slightly and leave to simmer for 4-5 minutes until slightly reduced. Add the cornflour slurry and mix until the sauce thickens. Season with a sweetener of choice, salt, and pepper.

7. TIME TO DIG IN! Make a bed of the sushi rice. Top with the saucy aubergines, mushrooms, and the edamame beans. Garnish with the chopped coriander, the spring onion greens, and the sliced chilli (to taste). Cheers, Chef!

Nutritional Information

Per 100g

Energy	364kJ
Energy	87kcal
Protein	3.2g
Carbs	17g
of which sugars	3g
Fibre	2.9g
Fat	0.8g
of which saturated	0.1g
Sodium	180mg

Allergens

Gluten, Allium, Wheat, Soy

Cook
within
4 Days