

UCCOOK

Fragrant Sichuan Aubergine

with jasmine rice, chilli bean sauce &
toasted peanuts

This flavour-packed recipe is from the Sichuan region of China! Fluffy jasmine rice is smothered with seared aubergine and red pepper in a sticky chilli and black bean sauce; with spring onion, basil, and peanuts for the perfect finish.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Karoliese Van Rooyen

 **Vegetarian**

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Ingredients & Prep

100ml	Jasmine Rice
10g	Peanuts
250g	Aubergine <i>rinsed, trimmed & cut into 1,5cm thick rounds</i>
15ml	Corn Flour
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>
30ml	Chilli Bean Sauce
7,5ml	Black Vinegar
1	Red Bell Pepper <i>one half rinsed, deseeded & cut into bite-size pieces</i>
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 THE RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of 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. MMM, GROUNDNUTS 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. PAN FRY THE AUBERGINE 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. MAKE THAT GORGEOUS SAUCE Place the corn flour in a bowl and gradually mix in 2 tbsp 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 bean sauce, black vinegar, and chopped peppers. Pour in 150ml 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 half 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, and the remaining basil leaves. 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 into grainy pockets when added to a sauce, soup, or stew. This way, it gets evenly dispersed with no fuss! It adds another step, but it's worth it.

Nutritional Information

Per 100g

Energy	520kJ
Energy	124Kcal
Protein	2.6g
Carbs	23g
of which sugars	4.1g
Fibre	2.7g
Fat	2.4g
of which saturated	0.3g
Sodium	112mg

Allergens

Allium, Sesame, Peanuts, Sulphites

Cook
within
4 Days