



Teriyaki Aubergines Steaks with Brown Rice and Asian Salad

Aubergines (also known as egg plant) are a phenomenal vegetable for absorbing flavour, but did you know that in botanical terms, they are actually classed as a berry?! This dish is brimming with flavour, fibre, and micronutrients. Try using this aubergine technique with other flavours such as sriracha, miso, or harissa.

Ingredients

- Aubergine
- Teriyaki sauce
- Brown rice
- Carrot
- Cucumber
- Rice wine vinegar
- Spring onion
- Fresh coriander
- Sesame seeds

Your Pantry

- Olive Oil
- Sugar or honey

Nutritional Info

Calories: 440 kcal
Carbohydrates: 96.6 g
Protein: 10g
Fat: 2.7 g

Allergens

[Soybeans \(Teriyaki sauce\)](#)
[Wheat \(Teriyaki sauce\)](#)
[Sulphur Dioxide \(Vinegar\)](#)
[Sesame \(Sesame Seeds\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 200C & boil the kettle

2) Cook the rice

Add the rice and boiling water to a saucepan and simmer for 20-30 minutes. Meanwhile.....

3) Prepare the aubergine

Slice the aubergine lengthways in half. Take a sharp knife and score the flesh with a knife to make a criss-cross pattern. Make sure to not cut through the skin. Place the aubergine on a microwavable plate and microwave for 3 minutes per aubergine (both halves). Meanwhile....

(If you don't have a microwave, roast the aubergine for 20 mins in the oven at 180C and then carry on with the recipe)

4) Make the sauce

Finely chop the spring onions, keeping a some of the slices aside for garnish. Add the spring onions to a bowl with the teriyaki sauce and a drizzle of oil.

5) Roast the aubergine

Remove the aubergine from the microwave and then generously spread the teriyaki sauce over the white side. Transfer to a baking tray and then place in the oven for 15 minutes.

5) Make the salad

Using a peeler, remove the skin from the carrot and discard, before shaving the carrot and cucumber into ribbons. Finely chop the coriander. In a bowl, combine the rice wine vinegar and half a teaspoon of sugar per person with the vegetables.

5) Plate the dish

Remove the aubergine from the oven and drain the rice. Plate the rice and lay the aubergines on top. Drizzle with any leftover teriyaki sauce. Spoon some salad onto the side of the plate. Garnish with the spring onion and sesame seeds.



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