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OCT 2016

Hoisin Stir-Fry with Brown Rice, Sugar Snap Peas, and Ginger

We get this stir-fry off to a flavorful start with the aromatic trifecta of ginger, onion, and garlic. And although it's got all the traditional veggies you'd expect to find, there's also some eggplant tossed in there for added bulk and nutrition.

- Prep:** 15 min
- Total:** 35 min
- level 1
- veggie
- dairy free
- gluten free



Brown Rice



Yellow Bell Pepper



Red Onion



Scallions



Ginger



Garlic



Peanuts



Cilantro



Sugar Snap Peas



Lime



Red Chili Pepper



Cornstarch




Eggplant



Hoisin Sauce

Ingredients

	2 People	4 People
Brown Rice	¾ Cup	1½ Cups
Yellow Bell Pepper	1	2
Red Onion	1	1
Scallions	2	4
Ginger	1 Thumb	1 Thumb
Garlic	2 Cloves	4 Cloves
Cilantro	¼ oz	¼ oz
Sugar Snap Peas	6 oz	6 oz
Lime	1	1
Red Chili Pepper 	1	1
Cornstarch	1 T	2 T
Eggplant	1	2
Hoisin Sauce	1) 3 T	6 T
Peanuts	2) 1 oz	2 oz
Oil*	1 T	2 T

*Not Included

Allergens

- 1) Soy
- 2) Peanuts

Tools

Medium pot, Strainer, Peeler, Medium bowl, Large pan

Nutrition 2 person Calories: 647 cal | Fat: 18g | Sat. Fat: 2g | Protein: 18g | Carbs: 112g | Sugar: 27g | Sodium: 339mg | Fiber: 17g

Nutrition 4 person Calories: 603 cal | Fat: 18g | Sat. Fat: 2g | Protein: 16g | Carbs: 102g | Sugar: 23g | Sodium: 333mg | Fiber: 14g

1



2



5



6



1 Cook the rice: Place **rice** and a large pinch of **salt** in a medium pot with enough **water** to cover it by 3 inches. Bring to a boil. Cook until tender, about 25 minutes, then drain (just like pasta).

2 Prep: Wash and dry all produce. Core, seed, and thinly slice **bell pepper**. Halve, peel, and thinly slice **onion**. Thinly slice **scallions**. Peel and mince **ginger**. Mince or grate **garlic**. Finely chop **cilantro**. Trim **sugar snap peas**. Cut **lime** into wedges. Mince **chili pepper**. **TIP:** Remove seeds if you prefer less heat.

3 Prep the eggplant: Cut **eggplant** into 1-inch cubes, and toss in medium bowl with **cornstarch** and a large pinch of **salt** and **pepper**.

4 Cook the eggplant: Heat a drizzle of **oil** in a large pan over medium-high heat. Work in batches to cook **eggplant** cubes until softened and browned on all sides, 5-7 minutes. Remove from pan and set aside.

5 Start the stir-fry: Heat another large drizzle of **oil** in same pan over medium-high heat. Add **onions, garlic, scallions, ginger,** and **chili pepper** (to taste). Toss until just barely softened, 2-3 minutes. Add **bell peppers**. Cook until softened, another 3-4 minutes. Season with **salt** and **pepper**.

6 Finish the stir-fry: Add **sugar snap peas**. Cook until crisp-tender, another 2-3 minutes. Stir in **eggplant, cilantro, 3 Tablespoons hoisin sauce,** and a squeeze of **lime**. Toss until thoroughly heated through, about 1 minute. Serve the **hoisin stir-fry** on a bed of **brown rice**. Sprinkle with **peanuts,** serve with **lime wedges,** and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

