



## Persian-Style Braised Eggplant

over Turmeric Rice with Fresh Herbs

 30-40min  2 Servings

You don't have to be a vegetarian to enjoy this delicious plant-based meal. It's full of fresh herbs and warm spices. The flavors in this recipe blend perfectly with tender roasted eggplant, tomatoes, and sweet sautéed onions, creating a hearty stew. We pair it with antioxidant-rich turmeric rice, fresh cilantro, and lime for a well-balanced, flavor-packed bite.



## What we send

- 1 eggplant
- ¼ oz turmeric
- 5 oz jasmine rice
- 1 yellow onion
- ¼ oz warm spice blend
- 14½ oz can whole peeled tomatoes
- 1 lime
- ½ oz fresh cilantro
- ¼ oz fresh dill

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- rimmed baking sheet
- small saucepan
- medium Dutch oven or pot

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 660kcal, Fat 26g, Carbs 98g, Protein 11g



### 1. Roast eggplant

Preheat oven to 450°F with a rack in the center. Trim ends from **eggplant** (peel if desired), then cut into 1-inch cubes. Transfer to rimmed baking sheet and toss with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on center oven rack until eggplant is golden on one side and cooked through, 15-18 minutes (watch closely as ovens vary).



### 4. Add aromatics

Add **all of the warm spice blend** and **½ teaspoon turmeric** to pot with **onions**. Cook, stirring, until fragrant, about 30 seconds. Add **tomatoes** and cook, breaking up tomatoes with a spoon.



### 2. Cook rice

Heat **2 teaspoons oil** in a small saucepan over medium. Add **1 teaspoon turmeric** and cook, stirring, until fragrant, about 30 seconds. Add **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Reduce heat to low, cover and cook until rice is tender, about 17 minutes. Keep covered until ready to serve.



### 5. Braise eggplant

Add **roasted eggplant** and **⅔ cup water** to pot with **tomatoes**. Partially cover, then cook over medium-high heat, gently crushing eggplant with a spoon, until eggplant is very soft, about 15 minutes (reduce heat to medium if liquid is reducing too quickly). Season to taste with **salt** and **pepper**.



### 3. Sauté onions

Halve and thinly slice **onion**. Heat **1 tablespoon oil** in medium Dutch oven or pot over medium heat. Add onions and season with **salt** and **pepper**. Cook, stirring, until onions are softened and beginning to brown, about 5 minutes.



### 6. Finish & serve

Coarsely chop **cilantro leaves and dill fronds**, keeping them separate. Squeeze **1 teaspoon lime juice** and stir and half of the cilantro into **eggplant**. Season to taste with **salt and pepper**. Fluff **rice** with fork; stir in dill. Cut remaining lime into wedges. Serve **braised eggplant** over **rice**. Garnish with **remaining cilantro** and serve **lime wedges** on the side. Enjoy!