



Makes 4 bowls
Preparation Time: 30 minutes
Cook Time: 5 minutes

INGREDIENTS:

2 tablespoons mirin (sweet rice wine)

2 tablespoons reduced-sodium tamari or soy sauce

1 tablespoon pure maple syrup

1 tablespoon red miso paste or tahini

1½ teaspoons grated fresh ginger

¼ teaspoon crushed red pepper

1 medium eggplant, peeled and cut into 1-inch cubes

8 oz. fresh oyster mushrooms, stems removed, caps halved or quartered, or enoki mushrooms, divided into small clusters

4 cups hot cooked brown jasmine rice

1 cup frozen shelled edamame, cooked according to package directions

¼ of an English cucumber, cut into ribbons with a vegetable peeler

½ cup matchstick-cut carrot or thinly sliced radishes

¼ cup fresh cilantro leaves or bias-sliced scallions

¼ cup dry-roasted cashews, coarsely chopped

Jasmine Rice Bowls with Glazed Eggplant and Oyster Mushrooms

These produce-packed rice bowls are hearty, healthy, and full of flavor. It all starts by creating a savory-sweet glaze of mirin, soy sauce, miso, [ginger](#), and maple syrup to coat the eggplant and oyster mushrooms. Once the veggies have been infused with the Asian-inspired sauce, hot jasmine rice and chewy edamame are stirred into the pan to form the base of the grain bowls. All that's left to do is top each serving with your favorite raw veggies, such as [carrots](#), radishes, and cucumbers, and sprinkle with cilantro for an herbal garnish. This recipe calls for cashews as a topping, but feel free to omit if you are nut-free. The tantalizing combination of saucy, cooked ingredients with crunchy, fresh produce is an absolute winner and ensures this meal is a worthy addition to your regular recipe rotation.

Tip: If you want more moisture in these bowls, stop cooking the eggplant mixture while there is still just a little liquid in the skillet.

For more vegan eggplant recipes, check out these tasty ideas:

- [Grilled Chinese Eggplant with Spiced Vinegar Sauce](#)
- [Roasted Eggplant Gyros with Watermelon Rind Pickles](#)
- [Thai Basil Eggplant](#)
- Or take a look at our full [collection of eggplant recipes](#)

By Juliana Hale

- 1 In an extra-large skillet stir together the first six ingredients (through crushed red pepper) and 2 tablespoons water. Bring to boiling; reduce heat to medium. Add eggplant and mushrooms. Cook and stir until all sauce is absorbed and any excess liquid from the vegetables evaporates. Remove from heat. Stir in rice and edamame.
- 2 Spoon rice mixture into bowls. Arrange the cucumber, carrot, cilantro, and cashews in bowls with rice mixture.