



Cooking Made Easy

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## Japanese Miso Eggplant

This dish is absolutely gorgeous. Sure, miso paste is salty, but it's also a little sweet, a little earthy and almost fruity. Combined with the hungry eggplant (which loves to drink up flavour), this is a unique recipe that we think you'll find yourself making again and again. Chuck in some quintessential Japanese coriander and black sesame seeds and you're away!



**Prep:** 30 mins

**Cook:** 30 mins

**Total:** 1 hour



level 1



Eggplant



Lemon



Miso Paste



Rice



Spring Onions



Green Beans



Coriander



Black Sesame Seeds

2P	4P	Ingredients
2 tbs	4 tbs	vegetable oil *
1	2	eggplant, sliced into 1 cm slices
40 g	80 g	miso paste
3 tbs	6 tbs	white wine vinegar *
150 g	300 g	rice
150 g	300 g	green beans, chopped on the diagonal ⊕
1 bunch	2 bunch	spring onions, chopped on the diagonal A
1 tbs	2 tbs	coriander, chopped
20 g	40 g	black sesame seeds
1 tbs	2 tbs	soy sauce *

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2370	Kj
Protein	16.9	g
Fat, total	46.3	g
-saturated	8.7	g
Carbohydrate	16.7	g
-sugars	16.3	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Preheat the oven to **200°C/180°C fan forced**.

**2** Grease a baking tray with **vegetable oil**, then lay out your **eggplant** slices and drizzle a little more oil on top. In a small bowl, whisk together the **miso paste** and the **vinegar**. Now spoon the mixture over the eggplant and spread it over each slice evenly. Place the tray into the oven for **25-30 minutes** or until the eggplant is cooked through and the miso paste mixture begins to caramelize. Remove from the oven and allow to cool slightly so you can handle them.



**3** When the eggplant is half way through cooking, bring a large pot of salted water to the boil. Add the **rice** and cook it for **10-12 minutes** until soft. Drain and keep warm.

**4** Bring a small pot of water to the boil. Add the **green beans** and blanch them for **1-2 minutes**. Strain them and transfer to a small bowl. Season the beans with **salt** and **pepper** and a dash of oil or butter. Leave aside, ready to serve.



**5** Divide the rice and the beans between plates and then the eggplant. To finish off, sprinkle the sliced **spring onion**, **coriander**, and **sesame seeds** over the eggplant, drizzle with a little more oil, a dash of **soy sauce**, and some extra vinegar. Enjoy!



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