

MISO-GLAZED EGGPLANT & SESAME GREENS

with Creamy Coconut Rice





Make your own miso glaze



Eggplant









Coconut Milk



Asian Greens





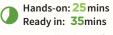
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Lime

Long Red Chilli (Optional)

Mixed Sesame Seeds

Pantry Staples: Olive Oil, Sugar, Rice Wine Vinegar (or White Wine Vinegar)



Naturally gluten-free

Not suitable for Coeliacs

Spicy (optional long red chilli)

Introducing the newest member of the HelloFresh family: miso paste! You may know it from the classic Japanese soup but this superstar ingredient adds a deep, umami rich flavour to anything it touches - one taste and we know you'll be hooked. Here, you'll make a sweet and salty miso glaze that transforms eggplant into a caramelised and roasted delight. With creamy coconut rice and flavoursome greens, this is a vegetarian feast on a plate.

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• oven tray lined with baking paper• medium saucepan with lid • medium frying pan



ROAST THE EGGPLANT Preheat the oven to 240°C/220°C fanforced. Slice the eggplant in half lengthways, then deeply score the flesh in a 1cm crisscross pattern, without cutting through the skin. Place the eggplant on an oven tray lined with baking paper and rub the cut-side with a drizzle of olive oil. In a small bowl, whisk the miso paste, sugar, rice wine vinegar and a **drizzle** of **olive oil** together until smooth. Brush or spread the miso glaze over the eggplant flesh, pulling apart the sides slightly so the glaze can get into the cracks. Roast for 25-30 minutes or until the eggplant is soft and the glaze has caramelised.



MAKE THE COCONUT RICE While the eggplant is roasting, combine the water, coconut milk and the salt in a medium saucepan and bring to the boil over a high heat. Add the jasmine rice, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered for another **10 minutes.** or until the rice is tender and the liquid is absorbed. *TIP: The rice will finish cooking in its own steam so don't peek!



PREP THE VEG While the rice is cooking, trim the **broccolini** and slice into 3cm pieces. Roughly chop the Asian greens. Finely chop the garlic (or use a garlic press). Slice the lime into wedges. Thinly slice the long red chilli (if using).



NUTRITION PER SERVING **PER 100G** 547kJ (131Cal) 2600kJ (622Cal) Energy (kJ) Protein (g) 17.8g 3.7g 19.7g 4.1g Fat, total (g) - saturated (g) 10.6g 2.2g 87.3g 18.3g Carbohydrate (g) 17.0g 3.6g sugars (g) 1060mg 223mg Sodium (g)

INGREDIENTS

refer to

method

1

1 tub

(40 g)

3 tsp

2 tsp

3/4 cup

1 tin

(165 ml)

1 packet

1 bunch

1 bunch

1 clove

1 sachet

1

1/4 tsp

olive oil'

eggplant

miso paste

rice wine vinegar* (or

white wine vinegar)

sugar*

water*

salt*

coconut milk

iasmine rice

Asian greens

*Pantry Items

long red chilli (optional)

mixed sesame seeds

broccolini

garlic

lime

refer to

method

2 tubs

(80 g)

1 tbs

1½ cups

(330 ml)

2 packets

2 bunches

2 bunches

2 cloves

2 sachets

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2

2

2 tins

½ tsp

1½ tbs

2

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo



TOAST THE SESAME SEEDS Heat a medium frying pan over a medium-high heat. Add the mixed sesame seeds and toast, tossing, for 3-4 minutes or until golden. Transfer to a small bowl.



COOK THE GREENS Return the frying pan to a mediumhigh heat with a drizzle of olive oil. Add the broccolini and a dash of water and cook for 4-5 minutes or until just tender. Add the Asian greens and cook, stirring, stir until wilted. Add the **garlic** and cook for **1 minute** or until fragrant. Add a squeeze of lime, 1/2 the sesame seeds and a pinch of salt and pepper. Toss to combine and remove from the heat.



SERVE UP Fluff up the rice with a fork. Divide the coconut rice, miso-glazed eggplant and sesame greens between plates. Sprinkle with the remaining sesame seeds and red chilli (if using) to garnish and serve with the remaining lime wedges.

ENJOY!

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 Hello@HelloFresh.com.au

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