



MISO-GLAZED EGGPLANT & SESAME GREENS

with Creamy Coconut Rice



Make your own
miso glaze



Eggplant



Miso Paste



Coconut Milk



Jasmine Rice



Broccolini



Asian Greens



Garlic



Lime



Long Red Chilli
(Optional)



Mixed Sesame
Seeds

- Hands-on: **25 mins**
Ready in: **35 mins**
- 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.

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

BEFORE YOU START

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**



1 ROAST THE EGGPLANT

Preheat the oven to **240°C/220°C fan-forced**. Slice the **eggplant** in half lengthways, then deeply score the flesh in a 1cm criss-cross 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.



4 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.



2 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!*



5 COOK THE GREENS

Return the frying pan to a medium-high 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.



3 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).



6 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!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
eggplant	1	2
miso paste	1 tub (40 g)	2 tubs (80 g)
sugar*	3 tsp	1½ tbs
rice wine vinegar* (or white wine vinegar)	2 tsp	1 tbs
water*	¾ cup	1½ cups
coconut milk	1 tin (165 ml)	2 tins (330 ml)
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
broccolini	1 bunch	2 bunches
Asian greens	1 bunch	2 bunches
garlic	1 clove	2 cloves
lime	1	2
long red chilli (optional)	1	2
mixed sesame seeds	1 sachet	2 sachets

*Pantry Items

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

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2018 | WK47