



Miso Aubergine and Sesame Mayo

with Jasmine Rice, Roasted Tenderstem and Pickled Onion

N° 8

BALANCED 40 Minutes • Under 600 Calories • 4 of your 5 a day • Veggie



Aubergine



Tenderstem Broccoli®



Red Onion



Rice Vinegar



Jasmine Rice



Lime



Coriander



Miso Paste



Honey



Soy Sauce



Sesame Seeds



Mayonnaise

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Two Baking Trays, Saucepan and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|---------------------------------|----------------|----------------|-----------------|
| Aubergine** | 2 | 3 | 4 |
| Tenderstem | 1 small pack | 1 large pack | 2 small packs |
| Broccoli*** | 1 | 1 | 2 |
| Red Onion** | 1 sachet | 1 sachet | 2 sachets |
| Rice Vinegar | 1 sachet | 1 sachet | 2 sachets |
| Sugar for the Pickle* | ½ tsp | ¾ tsp | 1 tsp |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Jasmine Rice | 150g | 225g | 300g |
| Lime** | 1 | 1 | 1 |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |
| Miso Paste 11 | 1 small sachet | 1 large sachet | 2 small sachets |
| Honey | 1 sachet | 1½ sachets | 2 sachets |
| Soy Sauce 11 13 | 1 sachet | 1½ sachets | 2 sachets |
| Sugar for the Miso Sauce* | ½ tsp | ¾ tsp | 1 tsp |
| Sesame Seeds 3 | 1 small sachet | 1 large sachet | 1 large sachet |
| Mayonnaise 8 9 ** | 1 sachet | 1½ sachets | 2 sachets |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 628g | 100g |
| Energy (kJ/kcal) | 2356 /563 | 375 /90 |
| Fat (g) | 16 | 3 |
| Sat. Fat (g) | 2 | 1 |
| Carbohydrate (g) | 86 | 14 |
| Sugars (g) | 23 | 4 |
| Protein (g) | 16 | 3 |
| Salt (g) | 2.97 | 0.47 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **8**) Egg **9**) Mustard **11**) Soya **13**) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Get Prepped

Preheat your oven to 200°C. Trim the **aubergine**, halve lengthways and chop into 2cm wide strips, then chop into 2cm chunks. Put the **aubergine** chunks on a baking tray, drizzle with **oil** (no need to season with salt) season with **black pepper**. Toss to coat. Put the **tenderstem** on another baking tray, drizzle with **oil** and season with **salt** and **pepper**. Set aside.



4. Finish the Prep

Zest the **lime** and cut into **wedges**. Finely chop the **coriander** (stalks and all). Mix the **miso**, **honey**, **soy sauce**, **sugar** (see ingredient list for amount) and 1 tbsp of **water** per person together in a small bowl. Heat a large frying pan on medium heat (no oil). When hot, add the **sesame seeds**, toast until golden, 2-3 mins. Shake the pan every minute. Once toasted, pop **half** of the **sesame seeds** in another small bowl and add the other **half** to the **miso soy mixture**.



2. Aubergine and Pickle!

Roast the **aubergine** on the middle shelf of your oven until browned and tender as well, 20-25 mins. Turn them after 15 mins. Meanwhile, halve, peel and thinly slice the **red onion**. Pop **half** the **red onion** in a small bowl and add the **rice vinegar** and the **sugar** (see ingredient list for amount). Season with **salt**, mix together and set aside.



5. Cook the Onion

Stir the **mayo** in the bowl with the **sesame seeds** (not the miso bowl!) with 1 tsp of **water** per person. Mix with a fork until well combined. At this point, roast your **broccoli** on the top shelf of your oven until tender, and crispy, 10-12 mins. Pop your frying pan back on medium heat and add a drizzle of **oil** and the remaining **red onion**, stir-fry until softened, 4-5 mins, stirring every now and then.



3. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



6. Finish and Serve

Once cooked, add the **roasted aubergine** to the pan with the **onion**. Pour the **miso mix** into the pan. Bubble away until the **aubergine** is sticky, 3-5 mins. Remove from the heat. Stir the **lime zest** through the **rice**. Serve in bowls with the **miso aubergine** on top, the **coriander** and **red onion pickle** sprinkled over and a drizzle of **sesame mayo**. Finish with the **roasted broccoli** and the **lime wedges** alongside.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Salt

Featured Ingredient: Sesame seeds are a rich source of B vitamins, especially vitamin B6. Vitamin B6 contributes to normal protein and glycogen metabolism.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.