



Miso Aubergine

with Jasmine Rice, Roasted Tenderstem and Sesame Mayo Drizzle

Calorie Smart 40 Minutes • Under 600 Calories • 2 of your 5 a day

25



Aubergine



Tenderstem Broccoli®



Red Onion



Jasmine Rice



Lime



Coriander



Miso Paste



Honey



Soy Sauce



Sesame Seeds



Mayonnaise

Before you start

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

Cooking tools, you will need:

Baking Tray, Measuring Jug, Saucepan, Frying Pan, Bowl, Wooden Spoon

Ingredients

	2P	3P	4P
Aubergine**	2	3	4
Tenderstem Broccoli***	150g	200g	300g
Red Onion	1	1	2
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)	15g	22g	30g
Honey	15g	22g	30g
Soy Sauce 11) 13)	25ml	36ml	50ml
Sugar for the Miso Sauce*	½ tsp	¾ tsp	1 tsp
Sesame Seeds 3)	15g	15g	15g
Mayonnaise 8) 9)	1 sachet	1 ½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	619g	100g
Energy (kJ/kcal)	2186 / 523	353 / 84
Fat (g)	10	2
Sat. Fat (g)	1	0
Carbohydrate (g)	89	14
Sugars (g)	24	4
Protein (g)	17	3
Salt (g)	1.71	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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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**, season with **black pepper** but leave out the **salt**. Toss to coat. Put the **Tenderstem Broccoli** on another baking tray, drizzle with **oil** and season with **salt** and **pepper**. Set aside.



Roast the Aubergine

Take your aubergine tray, pop it on the middle shelf of your oven and roast until browned and tender, 20-25 mins. Turn them after 15 mins. Meanwhile, halve, peel and thinly slice the **red onion**.



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).



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.



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 **red onion**, stir-fry until softened, 4-5 mins, stirring every now and then.



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 a drizzle of sesame **mayo**. Finish with the **roasted broccoli** and the **lime wedges** alongside.

Enjoy!

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.