



MISO BAKED AUBERGINE

with Pickled Cucumber and Brown Rice

BALANCED RECIPE



HELLO BROWN RICE

Compared to white rice, brown rice is less processed, as the germ and the bran is still attached to the grain. Brown rice is high in magnesium and Riboflavin.



Brown Basmati Rice



Aubergine



Red Pepper



Miso Paste



Honey



Soy Sauce



Mirin



Sesame Oil



Spring Onion



Cucumber



Red Chilli



Coriander



Lime



Rice Vinegar

MEAL BAG 8

30 mins

2 of your 5 a day

Veggie

Balanced

Under 550 calories

Low in sat fat

Miso is a seasoning made from fermented soybeans that, on its own, has a strong umami flavour that works brilliantly with the fresh zesty flavours in this recipe. Because of their meaty texture, aubergines are a brilliant veg to marinate, and work well as the centerpiece for many vegetarian dishes. In this recipe, we've served miso aubergines with pickled cucumbers, roasted peppers and brown rice and brought the flavours to life with a good squeeze of fresh lime.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Sieve, Foil, Baking Tray** and **Small Saucepan**. Now, let's get cooking!



1 COOK THE RICE

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with a pinch of **salt** for your rice. When boiling, stir in the **brown rice** and cook for 25 mins. **★ TIP: Add more water if it starts to evaporate too much.** When cooked, drain the **rice** thoroughly in a sieve and return to the saucepan, off the heat.



2 PREP

Trim the **aubergine** and cut in half lengthways. Using a small sharp knife, score a criss-cross pattern in the flesh of each half, taking care not to cut all the way through (see photo). Halve the **pepper** and discard the core and seeds. Slice into thin strips. Put the **aubergine halves** (cut side up) and **pepper slices** on a foil lined baking tray, season with **salt** and **pepper** and drizzle with **oil**.



3 MAKE THE MARINADE

In a small bowl, mix together the **miso paste, honey, soy sauce, mirin** and **sesame oil**. Spoon **half** of the **marinade** over the **aubergine half**, easing it into the cuts you made earlier. Set aside the remaining **marinade**. Bake the **aubergine** and **pepper** on the top shelf of your oven until the **pepper** is soft and charred and the **aubergine** is golden and sticky, 18-20 mins.



4 PREP THE PICKLE

Meanwhile, trim the **spring onions** and thinly slice. Trim the **cucumber** then halve lengthways. Thinly slice widthways. Halve the **chilli** lengthways, deseed then finely chop. Roughly chop the **coriander** (stalks and all). Zest the **lime** then cut into wedges.



5 PICKLE TIME

Put the **cucumber** and **half** the **spring onion** in a bowl along with a pinch of **chilli**. Add the **rice vinegar**, a pinch of **salt** and **pepper** and stir together. Set aside. A few minutes before the rice and veg are cooked, pour the remaining **miso marinade** you made earlier into a small saucepan and heat gently over a medium heat.



6 SERVE

When the **rice** is cooked and drained, stir through the **coriander, lime zest**, remaining **spring onion** and remaining **red chilli**. Season to taste with **salt** and **pepper** if needed. Serve the **rice** in bowls with the **miso baked aubergine** and **roasted peppers** alongside. Drizzle over the **miso sauce** and serve the **cucumber pickle** on the side. Add **lime wedges** for squeezing over. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Brown Basmati Rice	150g	225g	300g
Aubergine *	1	1½	2
Red Pepper *	1	2	2
Miso Paste 11)	1 sachet	1 sachet	2 sachets
Honey *	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet
Mirin	1 sachet	1½ sachets	2 sachets
Sesame Oil 3)	½ sachet	¾ sachet	1 sachet
Spring Onion *	2	3	4
Cucumber *	½	¾	1
Red Chilli *	½	¾	1
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1	1½	2
Rice Vinegar	1	1½	2

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 502G	PER 100G
Energy (kJ/kcal)	1891 / 452	377 / 90
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	75	15
Sugars (g)	18	4
Protein (g)	11	2
Salt (g)	1.81	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 11) Soya 13) Gluten

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

THUMBS UP OR THUMBS DOWN?

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