



Miso Glazed Aubergine Tacos

with Wedges, Pickled Red Onions and Sesame Mayo

N° 5

CLASSIC 40 Minutes • 2 of your 5 a day • Veggie



Potato



Aubergine



Red Onion



Cider Vinegar



Baby Gem Lettuce



Lime



Coriander



Miso Paste



Honey



Soy Sauce



Sesame Seeds



Mayonnaise



Soft Shell Taco Shell

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Aubergine**	2	3	4
Red Onion**	1	1	2
Cider Vinegar 14	1 sachet	1 sachet	2 sachets
Sugar for the Pickle*	½ tsp	¾ tsp	1 tsp
Baby Gem Lettuce**	1	1½	2
Lime**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Miso Paste 11	1 sachet	1½ sachets	2 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 pot	1 pot	1 pot
Mayonnaise 8 9	2 sachets	3 sachets	4 sachets
Soft Shell Taco 13	6	9	12

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	845g	100g
Energy (kJ/kcal)	3391 / 811	401 / 96
Fat (g)	28	3
Sat. Fat (g)	4	1
Carbohydrate (g)	117	14
Sugars (g)	25	3
Protein (g)	20	2
Salt (g)	3.99	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **8)** Egg **9)** Mustard **11)** Soya **13)** Gluten **14)** Sulphites

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.

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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Packed in the UK



1. Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Trim the **aubergine**, halve lengthways and chop into 2cm wide strips, then chop into 2cm chunks. Pop the **potato wedges** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat. Put the **aubergine chunks** on another baking tray, drizzle with **oil** (no need to season). Toss to coat.



4. Toast the Seeds

Heat a frying pan on medium-high heat (no oil). When hot, add the **sesame seeds**, toast until golden, 2-3 mins. Toss every minute. Pop **half** of them in another small bowl and add the other **half** to the **miso soy mixture** but don't wash up the pan! Stir the **mayo** in the bowl with the **sesame seeds** (not the miso bowl!).



2. Pickle the Onions

Roast the **wedges** on the top shelf of the oven until golden and tender, 25-30 mins. Roast the **aubergine** on the middle shelf of your oven until browned and tender as well, 20-25 mins. Turn the **aubergine** and **potatoes** after 15 mins. Meanwhile, halve, peel and thinly slice the **red onion**. Pop **half** the **red onion** in a small bowl and add the **cider vinegar** and **sugar** (see ingredient list for amount). Add a pinch of **salt**, mix together and set aside.



5. Finish the Aubergine

Heat a drizzle of **oil** in the frying pan you used for the **sesame seeds** on medium high heat. Add the **red onion**, stir fry until softened, 4-5 mins. Once cooked, add the **roasted aubergine** to the pan. Bubble away until the moisture has gone and the **aubergine** is sticky, 3-5 mins. Remove from the heat. Pop your **tacos** into the oven to warm through for the last 2-3 mins of the wedges cooking time.



3. Finish the Prep

Trim the root from the **baby gem**, halve lengthways, thinly slice. Cut the **lime** into wedges. Roughly 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.



6. Finish and Serve

Spoon the **sesame mayo** onto the bottom of each **taco** and spread it out. Divide the **lettuce** between the **tacos** and squeeze on some **lime juice**. Spoon the **aubergine mixture** on top, followed by a sprinkle of **coriander** and the **pickled onion**. Serve with the **wedges** on the side and cut the remaining **lime** into wedges to serve 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.