



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)

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

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