



# Miso Aubergine

with Basmati Rice, Roasted Broccoli and Sesame Mayo Drizzle

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

N° 8



Aubergine



Broccoli Florets



Red Onion



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, Measuring Jug, Saucepan and Frying Pan.

### Ingredients

	2P	3P	4P
Aubergine**	2	3	4
Broccoli Florets**	1 small pack	1 medium pack	1 large pack
Red Onion**	1	1	2
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Lime**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Miso Paste <b>11)</b>	1 small sachet	1 large sachet	2 small sachets
Honey	1 sachet	1½ sachets	2 sachets
Soy Sauce <b>11) 13)</b>	1 sachet	1½ sachets	2 sachets
Sugar for the Miso Sauce*	½ tsp	¾ tsp	1 tsp
Sesame Seeds <b>3)</b>	1 small sachet	1 large sachet	1 large sachet
Mayonnaise <b>8) 9)</b>	1 sachet	1½ sachets	2 sachets

\*Not Included \*\*Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	644g	100g
Energy (kJ/kcal)	2404 / 575	373 / 89
Fat (g)	17	3
Sat. Fat (g)	2	1
Carbohydrate (g)	87	14
Sugars (g)	23	4
Protein (g)	18	3
Salt (g)	2.91	0.45

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 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. 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 **broccoli** on another baking tray and 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. Roast the Aubergine

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**.



## 5. Cook the Onion

Stir the **miso** 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, 12-15 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.



## 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 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.

### BALANCED RECIPE

**Under 600 Calories • Low Sat Fat • Low Sugar**

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