

Miso Aubergine



with Jasmine Rice, Roasted Tenderstem and Sesame Mayo Drizzle

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





Aubergine



Tenderstem Broccoli®



Red Onion



Jasmine Rice





Coriander







Soy Sauce



Honey



Mayonnaise

Before you start

Our fruit, veggies and herbs need a wash before vou 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
Tenderstem Broccoli ***	1 small pack	1 large pack	2 small packs
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)	1 small sachet	1 large sachet	2 small 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 small sachet	1 large sachet	1 large sachet
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
*Not Included ** Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	619g	100g
Energy (kJ/kcal)	2351/562	380 /91
Fat (g)	16	3
Sat. Fat (g)	2	1
Carbohydrate (g)	89	14
Sugars (g)	23	4
Protein (g)	16	3
Salt (g)	2.89	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

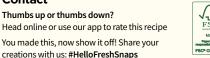
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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.

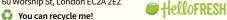
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Packed in the UK

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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 **tenderstem** on another baking tray and drizzle with oil and season with salt and pepper. Set aside.



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**.



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 1/4 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).



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.



5. 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.



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!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Sugar

Featured Ingredient: Seasame seeds are a rich source of B vitamins, especially vitamin B6. This contributes to normal protein and glycogen metabolism.

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.