

Miso Glazed Aubergine Tacos

with Wedges & Lettuce

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









Aubergine



Red Onion







Cider Vinegar

Iceberg Lettuce



Coriander



Miso Paste



Honey



Soy Sauce



Sesame Seeds



Mayonnaise



Soft Shell Taco

Before you start

Our fruit, veggies and herbs need a wash before vou 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	11/2	2	
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets	
Sugar for the Pickle*	½ tsp	¾ tsp	1 tsp	
Iceberg Lettuce**	1/2	3/4	1	
Lime**	1	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 small pot	1 large pot	1 large 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 ingredients	867g	100g
Energy (kJ/kcal)	3393 /811	392 /94
Fat (g)	28	3
Sat. Fat (g)	4	1
Carbohydrate (g)	119	14
Sugars (g)	26	3
Protein (g)	20	2
Salt (g)	4.00	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

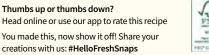
3) Sesame 8) Egg 9) Mustard 11) Soya 13) Gluten 14) Sulphites

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

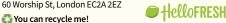
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Packed in the UK

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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.



2. Pickle the Onion

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.



3. Finish the Prep

Halve the iceberg lettuce through the root and thinly slice (see ingredients for amount you need). 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.



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. Stir the mayo in the bowl with the **sesame seeds** (not the miso bowl!).



5. Finish the Aubergine

Heat a drizzle of **oil** in a frying pan on medium high heat. Add the remaining **red onion**, stir fry until softened, 4-5 mins. Once cooked, add the roasted aubergine to the pan with the onion. Pour the **miso mix** into 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.



6. Finish and Serve

Spoon the **sesame mavo** 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.