



# 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 <b>14)</b>	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 <b>11)</b>	1 sachet	1½ sachets	2 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 pot	1 pot	1 pot
Mayonnaise <b>8) 9)</b>	2 sachets	3 sachets	4 sachets
Soft Shell Taco <b>13)</b>	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.