



Miso Teriyaki Beef Stuffed Aubergines with Garlicky Rice and Cucumber Salad

25

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Under 650 Calories



Aubergine



Garlic Clove



Basmati Rice



Beef Mince



Rice Vinegar



Miso Paste



Ginger Puree



Teriyaki Sauce



Cucumber



Spring Onion



Roasted White Sesame Seeds

Pantry Items
Sugar, Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, saucepan, lid, frying pan, bowl and tea towel.

Ingredients

	2P	3P	4P
Aubergine**	1	1½	2
Garlic Clove**	2	3	4
Water for the Rice*	200ml	300ml	400ml
Basmati Rice	100g	210g	200g
Beef Mince**	120g	180g	240g
Rice Vinegar	2 sachets	3 sachets	4 sachets
Miso Paste 11	15g	22g	30g
Ginger Puree	1 sachet	1½ sachets	2 sachets
Teriyaki Sauce 11	75g	125g	150g
Cucumber**	½	¾	1
Spring Onion**	2	3	4
Sugar for the Dressing*	¼ tsp	½ tsp	½ tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Roasted White Sesame Seeds 3	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	449g	100g
Energy (kJ/kcal)	2135 /510	476 /114
Fat (g)	17	4
Sat. Fat (g)	5	1
Carbohydrate (g)	67	15
Sugars (g)	20	5
Protein (g)	22	5
Salt (g)	3.35	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

3) Sesame 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Roast the Aubergine

Preheat your oven to 200°C. Halve the **aubergine** lengthways, keeping the stem attached. Score the flesh in a criss-cross pattern, taking care not to cut through the skin. Put the **halves**, cut-side up, onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. When the oven is hot, roast on the top shelf until softened, 20-25 mins. Meanwhile, peel and grate the **garlic** (or use a garlic press).



Make the Filling

Add **half** the **rice vinegar** to the **beef** and let it evaporate completely, 1 min. Stir in the **miso**, **ginger puree** and remaining **garlic**, then cook for 1-2 mins. Remove from the heat, then stir through the **teriyaki sauce**. Taste and season with **salt** and **pepper** if needed. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.* Meanwhile, trim the **cucumber** (see ingredients for amount), then quarter lengthways. Chop widthways into small pieces. Trim and thinly slice the **spring onion**.

Scan to get your exact PersonalPoints™ value



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice**, **half** the **garlic** and **¼ tsp salt**, cover with the lid and bring to the boil. Once boiling, turn the heat down to medium. 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).



Stuff the Aubergines

Remove the **cooked aubergines** from the oven and preheat your grill to high. In a medium bowl, combine the remaining **rice vinegar**, **sugar** and **olive oil for the dressing** (see ingredients for both amounts) and season with **salt**. Add the **chopped cucumber** and **half** the **sesame seeds** to the **dressing**, then set aside. Using a tea towel, hold the stem of the **aubergine** with one hand while using a spoon to scoop out the flesh with the other, keeping the skin intact. Add the **aubergine flesh** to the **beef mixture** and combine well, then spoon back into the **aubergine skins**. Grill until piping hot, 3-4 mins.



Fry Time

While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



Finish and Serve

When everything is ready, fluff up the **rice** with a fork and stir through **half** the **spring onion**. Share between your bowls and top with the **stuffed aubergine** and a spoonful of **cucumber salad**. Finish with a sprinkle of the remaining **spring onion** and **sesame seeds**.

Enjoy!