



Roasted Five Spice Aubergine with Szechuan Udon Noodles and Toasted Sesame Seeds

Classic 35 Minutes • Little Spice • 2.5 of your 5 a day • Plant-Based

21



Aubergine



Chinese Five Spice



Onion



Carrot



Mangetout



Spring Onion



Garlic Clove



Sesame Seeds



Udon Noodles



Szechuan Paste



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Chinese Five Spice	½ sachet	1 sachet	1 sachet
Onion**	1	1	2
Carrot**	1	2	2
Mangetout**	80g	150g	150g
Spring Onion**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Sesame Seeds 3)	1 small pot	1 small pot	1 large pot
Udon Noodles 13)	2 packs	3 packs	4 packs
Szechuan Paste 11)	2 small sachets	2 large sachets	4 small sachets
Water for the Sauce*	50ml	75ml	100ml
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	555g	100g
Energy (kJ/kcal)	1795 /429	324 /77
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	78	14
Sugars (g)	23	4
Protein (g)	16	3
Salt (g)	3.53	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **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.

Contact

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HelloFresh UK

Packed in the UK

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 You can recycle me!



Roast the Aubergine

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then halve widthways. Pop the **aubergine** pieces onto a large baking tray. Drizzle with **oil**, sprinkle over the **Chinese Five spice** and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer. Roast the **aubergine** on the top shelf until golden brown and soft, 25-30 mins, turning halfway through.



Finish the Prep

Halve, peel and thinly slice the **onion**. Trim the **carrot** and thinly slice into rounds. Halve the **mangetout** lengthways. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press).



Toast the Sesame Seeds

Heat a large frying pan over medium-high heat (no oil). Once hot, add the **sesame seeds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Once toasted, transfer to a small bowl and pop your pan back on medium-high heat.



Cook the Veg

Add a drizzle of **oil** to your frying pan and add the **onion** and **carrot**. Season with **salt** and **pepper** and stir-fry until they are both nicely softened and golden, 6-7 mins. Stir in the **garlic** and **mangetout**, stir and cook for 1-2 minutes. Gently separate the **noodles** and add them to the pan as well.



Combine

Add the **szechuan paste**, **soy sauce** and **water** (see ingredients for amount), bring to the boil and simmer until the **mixture** is piping hot and the **sauce** coats the **veg** and **noodles**, 1-2 mins. Add the **sesame seeds** and stir to combine. Taste and add **salt** and **pepper** if you feel it needs it.



Serve

Serve the **noodles** in bowls, top with the roasted **aubergine** and **spring onion** sprinkled on top.

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.