

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







Aubergine



Chinese Five Spice





Carrot







Sesame Seeds







Before you start

Our fruit and veggies need a little wash before you

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	11/2 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.

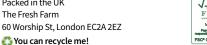
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Roast the Aubergine

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.