



# Roasted Aubergine Noodles with Garlicky Greens and Crushed Peanuts

Classic 30 Minutes • 1 of your 5 a day • Veggie

21



Aubergine



Garlic Clove



Ginger



Coriander



Spring Onion



Red Chilli



Salted Peanuts



Egg Noodle Nest



Spring Greens



Soy Sauce



Ketjap Manis



Cider Vinegar

## Before you start

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

## Cooking tools, you will need:

Frying Pan, Baking Tray, Saucepan, Colander and Garlic Press.

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Garlic Clove**	1	2	2
Ginger**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Spring Onion**	2	3	4
Red Chilli**	½	1	1
Salted Peanuts 1)	25g	40g	40g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Spring Greens**	150g	200g	300g
Soy Sauce 11) 13)	25ml	25ml	50ml
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Cider Vinegar 14)	1 sachet	2 sachets	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	392g	100g
Energy (kJ/kcal)	1307 / 312	333 / 80
Fat (g)	8	2
Sat. Fat (g)	1	1
Carbohydrate (g)	44	11
Sugars (g)	23	6
Protein (g)	13	3
Salt (g)	4.03	1.03

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 8) Egg 11) Soya 13) Gluten 14) Sulphites

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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1



## Roast the Aubergine

Preheat your oven to 220°C and bring a large saucepan of **water** to the boil on high heat with **¼ tsp salt** for the **noodles**. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 1cm pieces. Pop the **aubergine** on a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. When the oven is hot, roast on the top shelf until the **aubergine** is soft and golden, 15-20 mins. Once cooked, remove from the oven and set aside.

2



## Finish the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Roughly chop the **coriander** (stalks and all). Trim and thinly slice the **spring onion**. Halve the **chilli** lengthways, deseed then finely chop. Roughly chop the **peanuts**.

3



## Cook the Noodles

Add the **noodles** to your pan of **boiling water** and cook until tender, 4 mins. Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them from cooking further and sticking together.

4



## Fry the Greens

Heat a drizzle of **oil** in a frying pan or a wok on medium-high heat. Once the **oil** is hot, add the **spring greens** with a splash of **water**. Stir-fry until starting to soften, 3-4 mins. Add the **ginger**, **garlic** and **spring onions** to the **greens** and stir-fry together for another 2 mins.

5



## Add the Aubergine

Once the **aubergine** is cooked, add to the pan with the **greens**. Add the **soy sauce**, **ketjap manis** and **cider vinegar**. Stir together, then remove from the heat. Add the drained **noodles** to the frying pan. Pop back on medium-high heat and stir-fry until the **noodles** are piping hot and everything is combined. Taste and season if needed.

6



## Finish and Serve

Serve the **noodles** in bowls and top with as much **coriander**, **chilli** and **crushed peanuts** as you'd like.

## 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.