



Roasted Aubergine Teriyaki Noodles

with Garlic Chinese Leaf, Green Beans and Peanuts

Classic 25-30 Minutes • Mild Spice • 2 of your 5 a day

4



Aubergine



Green Beans



Garlic Clove



Coriander



Red Chilli



Salted Peanuts



Egg Noodle Nest



Chopped Chinese Leaf



Ginger Puree



Teriyaki Sauce

Before you start

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

Cooking tools

Saucepan, baking tray, frying pan, garlic press and colander.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	1	1
Salted Peanuts 1)	25g	40g	40g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Chopped Chinese Leaf**	120g	180g	240g
Ginger Puree	2 sachets	2 sachets	3 sachets
Teriyaki Sauce 11)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	435g	100g
Energy (kJ/kcal)	2164/517	498/119
Fat (g)	8.3	1.9
Sat. Fat (g)	1.5	0.4
Carbohydrate (g)	87.3	20.1
Sugars (g)	33.5	7.7
Protein (g)	18.4	4.2
Salt (g)	5.72	1.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 11) Soya 13) Cereals containing gluten

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.

Contact

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60 Worship St, London EC2A 2EZ

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Roast the Aubergine

Preheat your oven to 240°C/220°C fan/gas mark 9. Bring a large saucepan of **water** with ¼ **tsp salt** to the boil for the **noodles**.

Trim the **aubergine**, then cut into roughly 1cm chunks. Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 15-20 mins. Turn halway through.



Get Stir-Frying

Heat a drizzle of **oil** in a large frying pan or a wok on medium-high heat.

Once the **oil** is hot, add the **Chinese leaf** and stir-fry until softened, 3-4 mins.

Stir in the **ginger puree** and **garlic**, then stir-fry for 2 mins more.



Prep Time

Meanwhile, trim the **green beans** and chop into thirds.

Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).

Halve the **chilli** lengthways (see ingredients for amount), deseed, then finely chop. Roughly chop the **peanuts**.

Set your **coriander**, **chilli** and **peanuts** aside for garnishing later.



Sauce Things Up

Once the **aubergine** is cooked, add to the frying pan. Stir-fry for 1-2 mins, then pour in the **teriyaki sauce** and stir to coat, off the heat if necessary.

Add the **cooked noodles** and **green beans** to the pan, then stir-fry until everything is well coated and piping hot, 1-2 mins. Taste and season if needed. Add a splash of **water** if it's a little thick.



Cook the Noodles and Beans

When your pan of **water** is boiling, add the **noodles** and **green beans** and bring back to the boil. Cook until tender, 4 mins.

Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together and to keep the beans vibrant.



Garnish and Serve

Share the **aubergine** teriyaki **noodles** between your bowls and top with as much **coriander**, **chilli** and **peanuts** as you'd like (add less **chilli** if you don't like heat).

Enjoy!