

Satay Aubergine with Roasted Broccoli and Rice

Classic 40 Minutes • 2 of your 5 a day • Veggie













Echalion Shallot





Garlic Clove



Spring Onion



Vegetable Stock Powder



Yellow Curry Paste



Basmati Rice

Coconut Milk



Peanut Butter

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press), Frying Pan, Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Aubergine**	2	3	4
Broccoli**	1	1	2
Echalion Shallot**	1	1	2
Spring Onion**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Lime**	1/2	1	1
Water for the Rice*	300ml	450ml	600ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Basmati Rice	150g	225g	300g
Yellow Curry Paste	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	200ml	400ml
Peanut Butter 1)	1 pot	2 pots	2 pots
Sugar*	1/4 tsp	½ tsp	½ tsp
*Not Included **Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	756g	100g
Energy (kJ/kcal)	3052 /730	404 /97
Fat (g)	30	4
Sat. Fat (g)	17	2
Carbohydrate (g)	86	11
Sugars (g)	18	2
Protein (g)	21	3
Salt (g)	2.13	0.28
Carbohydrate (g) Sugars (g) Protein (g)	86 18 21	11 2 3

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 10) Celery

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

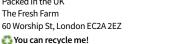
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Get Prepped

Preheat your oven to 200°C. Trim the aubergines and chop each of them into 5 pieces widthways (so you have big rounds per person). Separate the **broccoli** into florets (little trees). Pop them on a baking tray and drizzle with oil. Season with salt and **pepper** and toss to coat. Halve, peel and thinly slice the **shallot**, trim and thinly slice the **spring** onion. Peel and grate the garlic (or use a garlic press). Zest and halve the lime.



Start the Aubergine

Heat a glug of oil in a frying pan on high heat. Once hot, lay in the aubergine pieces on one of their cut sides. Season with salt and pepper and fry until each cut side is golden, 3-4 mins each side. TIP: Add a little more oil if you need to. Once browned, transfer the aubergine to a baking tray and roast on the top shelf of your oven until completely tender, 20-25 mins. Five mins into the cooking time, pop the **broccoli** on the middle shelf to cook until crispy and tender too, 15-20 mins. Don't wash your frying pan - you'll use it for the **sauce**.



Start the Rice

Meanwhile, heat a drizzle of oil in a medium saucepan on medium heat. Once hot, add the shallot and cook until softened, 3-4 mins, stirring occasionally. Stir in the garlic and cook for 1 minute, then pour in the water (see ingredients for amount) and the veg stock powder. Bring to the boil.



Cook the Rice

Stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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 you're ready to serve (the **rice** will continue to cook in its own steam).



Sauce Time!

Pop your frying pan back medium-high heat with a drizzle of oil (if the pan is dry). Add the yellow curry paste and fry until fragrant, 1-2 mins, stirring occasionally. Pour in the coconut milk and squeeze in the peanut butter. Add the sugar (see ingredients for amount), stir together and bring to the boil. Simmer until thickened, 2-3 mins. Remove from the heat and add a squeeze of lime juice. Taste and add more salt, pepper and lime juice if you feel it needs it. Set aside. Cut any remaining lime into wedges.



Finish and Serve

A couple of minutes before everything is ready, reheat the sauce if required and add a splash of water if necessary. Fluff up the rice with a fork, stir through the **lime zest** and spoon into bowls. Top with the aubergine pieces and the roasted broccoli. Drizzle over the satay sauce and sprinkle over the **spring onions**. Serve with any remaining **lime** chopped into wedges for squeezing over.

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.