



Satay Aubergine with Roasted Broccoli and Rice

Classic 40 Minutes • 2 of your 5 a day • Plant-Based

22



Aubergine



Broccoli



Echalion Shallot



Spring Onion



Garlic Clove



Lime



Vegetable
Stock Powder



Basmati Rice



Yellow Curry Paste



Coconut Milk



Peanut Butter

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, 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**	½	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 for the Sauce*	¼ tsp	½ tsp	½ tsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	757g	100g
Energy (kJ/kcal)	3061 /732	404 /97
Fat (g)	30	4
Sat. Fat (g)	17	2
Carbohydrate (g)	86	11
Sugars (g)	19	2
Protein (g)	21	3
Salt (g)	2.13	0.28

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, Soy, 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 rounds widthways (so you have big rounds per person). Separate the **broccoli** into florets (little trees). Pop the **broccoli florets** 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**.



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).



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.



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, stirring occasionally, 1-2 mins. 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.



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.



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 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.