



Satay Aubergine with Roasted Broccoli and Garlicky Bok Choy Rice

Classic 40 Minutes • 2 of your 5 a day

22



Aubergine



Bok Choy



Broccoli



Echalion Shallot



Spring Onion



Garlic Clove



Lime



Ground Coriander



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:

Cutting Board, Knife, Baking Tray, Garlic Press, Saucepan, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Bok Choy**	1	1	2
Broccoli**	1	1	2
Echalion Shallot**	1	1	2
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Lime**	½	1	1
Ground Coriander	1 pot	¾ pot	1 pot
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	45g	45g	90g
Coconut Milk	200ml	200ml	400ml
Peanut Butter 1	1 pot	2 pots	2 pots
Sugar*	¼ tsp	½ tsp	½ tsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	669g	100g
Energy (kJ/kcal)	3008/719	450/108
Fat (g)	31	5
Sat. Fat (g)	17	3
Carbohydrate (g)	83	12
Sugars (g)	15	2
Protein (g)	21	3
Salt (g)	3.46	0.52

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 **aubergine** and slice into 1cm wide rounds. Trim the **bok choy** then thinly slice widthways. Separate the **broccoli** into **florets**. 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**.



Carry on Cookings

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). Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **bok choy** and season with **salt** and **pepper**. Stir-fry until tender, 3-4 mins, add the remaining **garlic** and cook for 1 min, then transfer to a bowl.



Start the Veg

Pop the **aubergine slices** onto a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Sprinkle over the ground **coriander**, toss to coat, then arrange in a single layer. Roast the **aubergine** until golden brown and soft, 20-25 mins, turning halfway. Five mins into the cooking time, pop the **broccoli** onto the middle shelf to cook until crispy and tender too, 15-20 mins.



Satay Time

Pop your frying pan back on medium-high heat with a drizzle of **oil**. Add the **curry paste** and stir-fry until fragrant, 1-2 mins. Add the **coconut milk**, **peanut butter**, and **sugar** (see ingredients for amount), stir together and bring to the boil. Simmer until thickened, 2-3 mins. Remove from the heat and squeeze in some **lime juice**. Taste and season with **salt**, **pepper** and more **lime juice** if needed. 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 **half 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 **bok choy** and **lime zest**. 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 the 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.