



Satay Aubergine and Roasted Broccoli with Garlic and Pak Choi Rice

Classic 40-45 Minutes • 2 of your 5 a day

19



Garlic Clove



Lime



Pak Choi



Broccoli Florets



Echalion Shallot



Aubergine



Ground Coriander



Basmati Rice



Vegetable Stock Paste



Yellow Thai Style Paste



Coconut Milk



Peanut Butter



Chicken Thigh

Pantry Items

Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Garlic press, fine grater, baking tray, saucepan and bowl.

Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Lime**	½	1	1
Pak Choi**	1	1	2
Broccoli**	1	1	2
Echalion Shallot**	1	1	2
Aubergine**	1	2	2
Ground Coriander	1 sachet	1 sachet	1 sachet
Basmati Rice	150g	225g	300g
Vegetable Stock Paste (10)	10g	15g	20g
Water for the Rice*	300ml	450ml	600ml
Yellow Thai Style Paste	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	200ml	400ml
Peanut Butter (1)	1 sachet	1 sachet	2 sachets
Sugar*	¼ tsp	½ tsp	½ tsp
Chicken Thigh**	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	592g	100g
Energy (kJ/kcal)	2871/686	485/116
Fat (g)	30.9	5.2
Sat. Fat (g)	18.2	3.1
Carbohydrate (g)	78.6	13.3
Sugars (g)	11.4	1.9
Protein (g)	21.1	3.6
Salt (g)	3.43	0.58
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	682g	100g
Energy (kJ/kcal)	3589/858	526/126
Fat (g)	42.6	6.2
Sat. Fat (g)	21.5	3.2
Carbohydrate (g)	78.5	11.5
Sugars (g)	11.2	1.6
Protein (g)	38.5	5.6
Salt (g)	3.52	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 10) Celery

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.

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Get Prepped

Preheat your oven to 200°C.

Peel and grate the **garlic** (or use a garlic press). Zest the **lime**, then cut into **wedges**. Trim the **pak choi**, then thinly slice widthways.

Halve any larger **broccoli florets**. Halve, peel and thinly slice the **shallot**.

Trim the **aubergine** and slice into 1cm thick rounds, then pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **ground coriander**. Toss to coat, then spread out in a single layer.

Once your oven is hot, roast the **aubergine** on the top shelf until soft and golden, 15-20 mins. Turn halfway through.



Stir-Fry the Pak Choi

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **pak choi** and season with **salt** and **pepper**. Stir-fry until tender, 3-4 mins, then add the remaining **garlic** and cook for 1 min more.

Once cooked, transfer to a bowl and cover to keep warm.



Roast the Veg

Meanwhile, pop the **broccoli florets** onto another large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Roast on the middle shelf until crispy and slightly charred, 10-15 mins.

CUSTOM RECIPE

If you've chosen to add **chicken thighs** to your meal, you'll add them to the oven when you add your **aubergine**. To prep, lay the **thighs** flat on another baking tray, drizzle with **oil** and season with **salt** and **pepper**. Roast the **aubergine** on the top shelf and the **chicken** on the middle shelf until cooked through, 16-20 mins. Meanwhile, prep the **broccoli** for roasting, then add to the **chicken** tray after 5 mins to roast for the remaining time.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Satay Sauce Time

Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil**. Add the **yellow Thai style paste** and stir-fry until fragrant, 1-2 mins.

Stir in the **coconut milk**, **peanut butter** and **sugar** (see ingredients for amount) and bring to the boil. Simmer until thickened, 2-3 mins. Remove from the heat. Squeeze in some **lime juice** and season to taste.



Cook the Rice

Meanwhile, pop a medium saucepan (with a tight-fitting lid) on medium-high heat with a knob of **butter** (if you have any - or just use a drizzle of **oil**). When hot, add the **shallot** and cook until softened, 3-4 mins, stirring occasionally. Add **half** the **garlic** and stir-fry for 1 min. Stir in the **rice**, **veg stock paste** and the **cold water for the rice** (see ingredients for amount) and bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid.

Leave the **rice** 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).



Finish and Serve

Just before everything is ready, reheat the **sauce** if necessary.

Fluff up the **rice** with a fork, then stir through the **pak choi** and **lime zest**. Spoon into your bowls and top with the **roasted aubergine** and **broccoli**.

Spoon over the **satay sauce**. **TIP:** Add a splash of water if it's a little thick. Serve with the **lime wedges** for squeezing over.

Enjoy!