



MISO EGGPLANT & SWEET CHILLI GREENS

with Garlic-Ginger Rice & Crispy Shallots



Flavour rice with
fragrant garlic & ginger



Garlic



Ginger



Jasmine Rice



Eggplant



Brocolini



Snow Peas



Spring Onion



Long Red Chilli
(Optional)



Lime



Miso Paste



Sweet Chilli
Sauce



Crispy Shallots

Hands-on: **30 mins**
Ready in: **35 mins**
Spicy (optional long red chilli)

Dive into this bowl of veggies and experience just how great vegetarian cooking can be! Cubes of eggplant get succulent and soft in a frying pan - don't forget to add extra oil as necessary to help them cook. With a sweet and savoury miso sauce, plus plenty of greens and crisp shallots for crunch, every bite is better than the next!

Pantry Staples: Olive Oil, Butter, Brown Sugar, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 COOK THE GARLIC-GINGER RICE

Finely grate the **garlic** and **ginger**. In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the garlic and ginger and cook for **1-2 minutes**, or until fragrant. Add the **water (for the rice)** and the **salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and the water is absorbed. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



2 PREP THE VEG

While the rice is cooking, cut the **eggplant** into 2cm chunks. Trim the **broccolini** and slice into 3cm lengths. **TIP:** *Slice any thicker stalks in half lengthways.* Trim the **snow peas** and slice in half. Thinly slice the **spring onion**. Thinly slice the **long red chilli** (if using). Slice the **lime (see ingredients list)** into wedges.



3 MAKE THE MISO GLAZE

In a small bowl, mix the **miso paste**, **brown sugar** and the **water (for the sauce)**.



4 COOK THE VEGGIES

In a medium frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **broccolini** and a **dash of water** and cook for **4-5 minutes**, or until almost tender. Add the **snow peas** and cook for **1-2 minutes** or until tender. Stir through the **sweet chilli sauce** and **soy sauce**. Transfer to a bowl and cover to keep warm.



5 COOK THE MISO EGGPLANT

Wipe out the pan and return to a medium-high heat with a **good drizzle of olive oil**. Add the **eggplant** and a **pinch of salt** and cook, tossing, for **6-7 minutes** or until very softened and browned. Halfway through cooking, add a **drizzle more olive oil**. When the eggplant is done, reduce the heat to medium, add the **miso mixture** and cook, stirring, for **1-2 minutes** or until caramelised.

TIP: *Eggplant can soak up oil quickly, so add a little more if the pan looks too dry.*



6 SERVE UP

Divide the garlic-ginger rice between bowls. Top with the miso eggplant and sweet chilli greens. Sprinkle with the spring onion, long red chilli (if using), **crispy shallots** and serve with the lime wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	20 g	40 g
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
eggplant	1	2
broccolini	1 bunch	2 bunches
snow peas	1 bag (100 g)	1 bag (200 g)
spring onion	1 bunch	1 bunch
long red chilli (optional)	1	2
lime	½	1
miso paste	1 tub (40 g)	2 tubs (80 g)
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	3 tsp	1½ tbs
sweet chilli sauce	1 tub (50 g)	1 tub (100 g)
soy sauce*	1 tsp	2 tsp
crispy shallots	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2760kJ (660Cal)	629kJ (150Cal)
Protein (g)	16.4g	3.7g
Fat, total (g)	21.5g	4.9g
- saturated (g)	8.6g	2.0g
Carbohydrate (g)	97.6g	22.2g
- sugars (g)	23.4g	5.3g
Sodium (g)	1480mg	336mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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