



Teriyaki Eggplant & Slaw Tacos

with Pickled Onion & Sesame Fries

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Eggplant



Red Onion



Cucumber



Garlic



Teriyaki Sauce



Sesame Dressing



Slaw Mix



Mini Flour Tortillas



Crushed Peanuts

Hands-on: 25-35 mins
Ready in: 35-45 mins

Give taco night a Japanese twist with the unbeatable combo of melt-in-the-mouth eggplant in teriyaki sauce, crisp slaw tossed with sesame dressing, pickled onion and crushed peanuts. Sprinkling sesame seeds on the fries is the perfect finishing touch.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 sachet	2 sachets
eggplant	1	2
red onion	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
cucumber	1	2
garlic	2 cloves	4 cloves
teriyaki sauce	½ sachet	1 sachet
water*	1 tbs	2 tbs
soy sauce*	1 tsp	2 tsp
sesame dressing	1 packet (60g)	2 packets (120g)
slaw mix	1 bag (150g)	1 bag (300g)
mini flour tortillas	6	12
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3480kJ (831Cal)	481kJ (114Cal)
Protein (g)	21.8g	3g
Fat, total (g)	37.6g	5.2g
- saturated (g)	4.4g	0.6g
Carbohydrate (g)	90.6g	12.5g
- sugars (g)	25.3g	3.5g
Sodium (mg)	1469mg	203mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the sesame fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potatoes** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Add the **mixed sesame seeds**, season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.



Roast the eggplant

While the fries are baking, cut the **eggplant** into 1cm chunks. On a second oven tray lined with baking paper, spread the **eggplant** in a single layer and drizzle with **olive oil** (2 tbs for 2 people / 4 tbs for 4 people). Roast until tender, **10-15 minutes**.

TIP: Using the right amount of oil will help the eggplant get soft and delicious in the oven.



Get prepped

While the eggplant is roasting, thinly slice the **red onion**. In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Scrunch 1/2 the **red onion** in your hands then add to the **pickling liquid**. Add enough **water** to cover, then stir to coat. Set aside until serving. Thinly slice the **cucumber** into batons. Finely chop the **garlic**.



Make the sauce

Heat a drizzle of **olive oil** in a medium frying pan over a medium-high heat. Add the **remaining red onion** and cook until softened, **2-3 minutes**. Reduce the heat to medium and add the roasted **eggplant**, **garlic**, **teriyaki sauce** (see ingredients), the **water** and **soy sauce**. Cook until the **eggplant** is soft and sticky, **2-3 minutes**.



Heat the tortillas

In a medium bowl, combine the **slaw mix** and **sesame dressing**. Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second** bursts, until warmed through.



Serve up

Drain the pickled onion. Take everything to the table to serve. Build your tacos by topping with the sesame slaw, teriyaki eggplant, cucumber and pickled red onion. Garnish with the **crushed peanuts**. Serve the sesame fries on the side, or add them to your taco!

Enjoy!