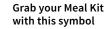
Teriyaki Eggplant & Slaw Tacos with Pickled Onion & Sesame Fries











Mixed Sesame Seeds













Cucumber







Teriyaki Sauce

Sesame Dressing



Slaw Mix



Mini Flour Tortillas



Crushed Peanuts



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

Inaredients

	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)	⅓ 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!