



Miso Aubergine

with garlic rice and pickled veg

Veggie 35-40 mins

7



Aubergine



Garlic



Sesame Oil



Jasmine Rice



Miso Paste



Soy Sauce



Sesame Seeds



Cucumber



Onion



Red Wine Vinegar

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, oven dish, pot with lid

Ingredients

	2P	4P
Aubergine	2 units	4 units
Garlic	1 unit	2 units
Sesame Oil	20 ml	40 ml
Jasmine Rice	150 g	300 g
Miso Paste	1 sachet	2 sachets
Soy Sauce	1 sachet	2 sachets
Sesame Seeds	1 sachet	2 sachets
Cucumber	1 unit	2 units
Onion	1 unit	2 units
Red Wine Vinegar	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	600 g	100 g
Energy (kJ/kcal)	2447.6 kJ/ 585 kcal	407.9 kJ/ 97.5 kcal
Fat (g)	17.5 g	2.9 g
Sat. Fat (g)	2.8 g	0.5 g
Carbohydrate (g)	89.6 g	14.9 g
Sugars (g)	15.7 g	2.6 g
Protein (g)	17.5 g	2.9 g
Salt (g)	7.5 g	1.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

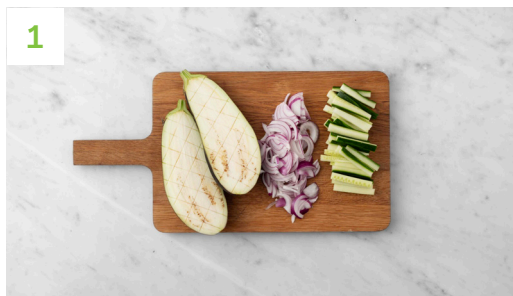
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Get Prepped

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **aubergine** lengthways. Score a diamond pattern into the flesh of each **half**, taking care not to cut too deeply.
- Halve, peel and thinly slice the **onion**.
- Trim the **cucumber**, then halve lengthways. Chop into 1cm wide, 5cm long batons.



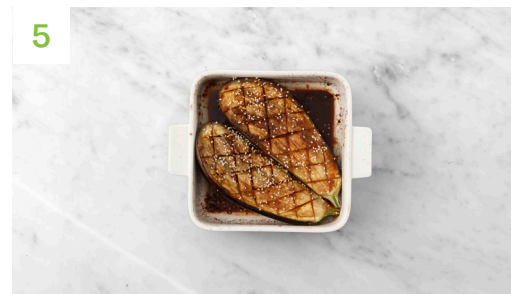
Pickle the Veg

- Meanwhile, in a small bowl mix the **red wine vinegar** with 2 tbsp **water** and 1 tbsp **sugar** (double for 4p).
- Add the **cucumber** and sliced **onion** and set aside.
- Gently toss the veg at regular intervals to coat in the **vinegar**.



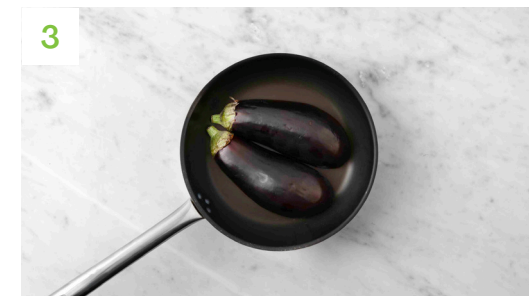
Make the Rice

- Place a pot over medium-high heat with 1 tbsp **butter** and a drizzle of **oil**.
- Add **garlic** and fry until fragrant, 1 min.
- Add the **rice**, 1 tsp **salt** and 300ml **water** (double both for 4p). Bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Remove the pot from the heat and keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



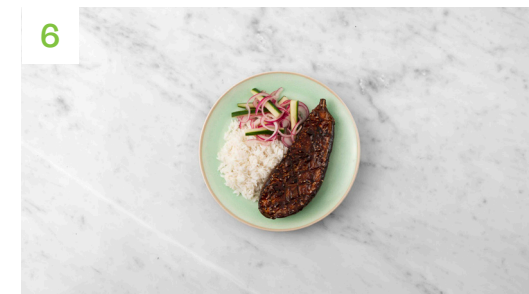
Roast the Aubergine

- In a small bowl mix the **miso**, **soy sauce**, **sesame oil** and 1 tbsp **sugar** (double for 4p).
- Pour into the pan and cook with **aubergine** now cut-side down for 1-2 mins.
- Place the **aubergine** halves, skin-side down, into an oven dish.
- Pour any remaining marinade over the **aubergine** and sprinkle over **half** the **sesame seeds**.
- Bake the **aubergine** in the oven until softened, 10-12 mins.



Fry the Aubergine

- Meanwhile, place a pan over medium heat (without oil).
- Once hot, dry-fry the **sesame seeds**, stirring regularly, until lightly toasted, 2-3 mins. Once toasted remove from the pan and set aside.
- Return the pan to medium-high heat with a drizzle of **oil**.
- Place the **aubergine** halves, skin-side down, into the pan.
- Fry until the **aubergine** is golden brown, 4 mins on each side.



Finish and Serve

- Stir the remaining **sesame seeds** through the **rice**, fluffing it up as you go.
- Divide the fragrant **rice** between bowls.
- Serve the roasted **aubergine** and (drained) pickled veg alongside.

Enjoy!