



Sweet Soy Miso Aubergine

with broccolini and pickled radish

Veggie Calorie Smart 35 - 40 mins

14



Aubergine



Sesame Oil



Jasmine Rice



Miso Paste



Soy Sauce



Radish



Apple Cider Vinegar



Broccolini



Mayo



Ketjap Manis



Scallion

Pantry Items: Oil, Water, Salt, Sugar, Pepper



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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

Baking sheet with baking paper, pot with lid

Ingredients

	2P	4P
Aubergine	2 units	4 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
Radish	125 g	250 g
Apple Cider Vinegar	1 sachet	2 sachets
Broccolini	75 g	150 g
Mayo	2 sachets	4 sachets
Ketjap Manis	1 sachet	2 sachets
Scallion	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	470 g	100 g
Energy (kJ/kcal)	2255.2 kJ/ 539 kcal	479.8 kJ/ 114.7 kcal
Fat (g)	18.7 g	4 g
Sat. Fat (g)	2.6 g	0.6 g
Carbohydrate (g)	82 g	17.4 g
Sugars (g)	12.2 g	2.6 g
Protein (g)	11.9 g	2.5 g
Salt (g)	3.3 g	0.7 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.

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Make the Rice

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and 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).



Cook the Broccolini

- Toss the **broccolini** with **salt, pepper** and drizzle of **oil**.
- When the **aubergine** has 10 mins left to cook, place the **broccolini** alongside on the baking tray.
- Return to the oven and roast until slightly charred, 8-10 mins.



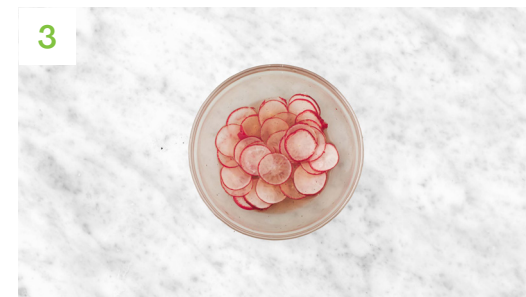
Roast the Aubergine

- Trim the **aubergine**, then cut into roughly 2cm pieces.
- Toss the **aubergine** with **soy sauce** and a drizzle of **oil**.
- Pop onto a lined baking tray. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until the **aubergine** is soft and golden, 20-25 mins. Turn the tray halfway through.



Mix the Drizzle

- Meanwhile, trim and thinly slice the **scallion**.
- Add the **ketjap manis, mayo, sesame oil** and **miso paste** to a bowl.
- Stir well to combine.



Pickle the Radish

- Meanwhile, trim and thinly slice the **radish**.
- Pop into a small bowl along with the **apple cider vinegar**, 1 tsp **sugar** and ¼ tsp **salt** (double both for 4p).
- Mix together and set aside, continuing to stir frequently.



Finish and Serve

- Divide the **rice** between bowls.
- Serve with the roasted **aubergine, broccolini** and pickled **radish** alongside.
- Drizzle over the umami **mayo**.
- Scatter over the sliced **scallion**.

Enjoy!