



Sticky Honey and Sambal Aubergine Stir-Fry with Jasmine Rice and Peanut & Coriander Dressing

Classic 30-35 Minutes • Mild Spice • 5 of your 5 a day • Veggie

20



Aubergine



Jasmine Rice



Red Onion



Pak Choi



Ginger, Garlic &
Lemongrass Puree



Sambal Paste



Soy Sauce



Honey



Coriander



Salted Peanuts

Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, lid, frying pan, rolling pin and bowl.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	2	3	4
Jasmine Rice	150g	225g	300g
Red Onion**	1	1	2
Pak Choi**	1	2	2
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Sambal Paste	15g	23g	30g
Soy Sauce (11) 13)	30ml	45ml	60ml
Honey	30g	45g	60g
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	25g	37g	50g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	150ml	225ml	300ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3001/717	490/117
Fat (g)	29.5	4.8
Sat. Fat (g)	12.6	2.1
Carbohydrate (g)	102	16.7
Sugars (g)	31.3	5.1
Protein (g)	15.6	2.6
Salt (g)	4.03	0.66

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Roast the Aubergines

Preheat your oven to 220°C/200°C fan/gas mark 7.
Trim the **aubergines**, then halve lengthways. Cut each half into four long strips, then widthways into thirds.

Pop the **aubergines** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two *baking trays if necessary*.

When the oven is hot, roast on the top shelf until soft and golden, 25-30 mins. Turn halfway through.

4



Bring on the Sauce

Stir the **sambal paste**, **soy sauce**, **honey** and **water for the sauce** (see pantry for amount) into the **veg**. **TIP:** If your honey has hardened, pop it in a *bowl of hot water for 1 min*.

Bring the **sauce** to the boil, then reduce the heat and simmer, stirring occasionally, until thickened, 5-6 mins.

2



Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

5



Finishing Touches

While the **sauce** simmers, roughly chop the **coriander** (stalks and all). Crush the **peanuts** in the unopened sachet using a rolling pin.

In a small bowl, combine the **coriander**, **peanuts** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**, then set your **dressing** aside.

When the **aubergine** is cooked, stir it into the **sauce** along with the **butter** (see pantry for amount).

3



Stir-Fry the Veg

Halve, peel and thinly slice the **red onion**. Trim the **pak choi**, then thinly slice widthways.

When the **aubergines** have 10 mins left, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **onion** and **pak choi** and fry until just soft, 3-4 mins. Continue to stir while the **veg** cooks.

Stir in the **ginger, garlic & lemongrass puree**. Fry for 1 min.

6



Serve Up

Fluff up the **rice** with a fork and share between your bowls.

Top with the **sticky aubergine stir-fry** and pour over any remaining **sauce** from the pan.

Spoon over the **peanut and coriander dressing** to finish.

Enjoy!