



Sticky Miso Aubergine Rice Bowl

with Garlic Pak Choi and Pickled Carrot

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day • Veggie

21



Jasmine Rice



Aubergine



Carrot



Rice Vinegar



Pak Choi



Garlic Clove



Salted Peanuts



Miso Paste



Honey



Sesame Oil



Sambal Paste

Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, baking tray, peeler, bowl, garlic press, rolling pin and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Aubergine**	1	2	2
Carrot**	1	2	2
Rice Vinegar	15ml	22ml	30ml
Pak Choi**	2	3	4
Garlic Clove**	2	3	4
Salted Peanuts 1)	25g	40g	50g
Miso Paste 11)	15g	22g	30g
Honey	15g	22g	30g
Sesame Oil 3)	20ml	30ml	40ml
Sambal Paste	15g	22g	30g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	½ tsp	1 tsp	1 tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	596g	100g
Energy (kJ/kcal)	2658 /635	446 /107
Fat (g)	28.4	4.8
Sat. Fat (g)	3.7	0.6
Carbohydrate (g)	83.6	14.0
Sugars (g)	18.8	3.2
Protein (g)	13.1	2.2
Salt (g)	1.46	0.24

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

Allergens

1) Peanut **3)** Sesame **11)** Soya

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



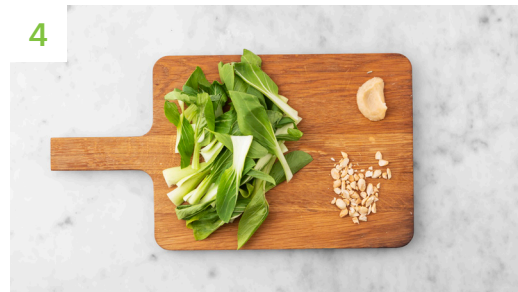
Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.

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).



Prep Time

Trim the **pak choi**, then separate the leaves. Cut each leaf in half lengthways down the middle.

Peel and grate the **garlic** (or use a garlic press). Crush the **peanuts** in the unopened sachet using a rolling pin.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **pak choi** and stir-fry until just soft, 3-4 mins.

Meanwhile, in a small bowl, mix together the **miso paste, honey** and **sesame oil**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Roast the Aubergine

Meanwhile, trim the **aubergine**, then cut into roughly 2cm pieces.

Pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

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



Sauce Things Up

Once the **pak choi** has softened, add the **garlic** and cook for 1 min more. Season to taste, then remove from the heat and cover with foil to keep warm.

When the **aubergine** has finished roasting, drizzle over the **honey-miso sauce** and toss to combine.

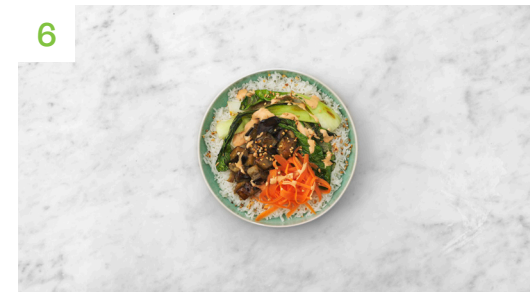
In the (now empty) **sauce** bowl (no need to clean), combine the **sambal** (add less if you'd prefer things milder) and **mayo** (see pantry for amount).



Get in a Pickle

While everything cooks, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

In a medium bowl, add the **carrot, rice vinegar** and **sugar for the pickle** (see pantry for amount). Season with **salt** and **pepper**, toss to coat, then set aside to pickle.



Finish and Serve

Pour the **juice** from the **pickled carrot** into the **rice**. Use a fork to combine and fluff up the grains, then share between your bowls.

Top the **rice** with the **miso aubergine, garlic pak choi** and **pickled carrot** in separate sections.

Drizzle over the **sambal mayo** and sprinkle over the **peanuts** to finish.

Enjoy!