

Miso Aubergine Burger & Wedges

with Limey Salad and Satay Sauce

CLASSIC 40 Minutes • 2.5 of your 5 a day • Veggie









Aubergine



Sesame Seeds



Cucumber



Baby Gem Lettuce





Peanut Butter



Sweet Chilli Sauce



Miso Paste



Soy Sauce



Burger Bun

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools, you will need:

Two Baking Trays, Mixing Bowl, Frying Pan and Baking Tray.

Ingredients

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	2P	3P	4P
Aubergine**	1	2	2
Potato**	1 small pack	1 large pack	2 small packs
Sesame Seeds 3)	1 small pot	1 small pot	1 large pot
Cucumber**	1/2	3/4	1
Baby Gem Lettuce**	1	2	2
Lime**	1	1	1
Peanut Butter 1)	2 pots	3 pots	4 pots
Sweet Chilli Sauce	1 sachet	2 sachets	2 sachets
Miso Paste 11)	1 small sachet	1 large sachet	2 small sachets
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets
Water for the Miso Sauce*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Miso Aubergine*	1½ tsp	2 tsp	3 tsp
Burger Bun 8) 11) 13)	2	3	4
*Not Included ** Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	699g	100g
Energy (kJ/kcal)	2920 /698	418/100
Fat (g)	23	3
Sat. Fat (g)	4	1
Carbohydrate (g)	102	15
Sugars (g)	19	3
Protein (g)	24	3
Salt (g)	3.59	0.51
Sat. Fat (g) Carbohydrate (g) Sugars (g) Protein (g)	102 19 24	15 3 3

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

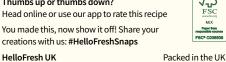
1) Peanut 3) Sesame 8) Egg 11) Soya 13) Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Get Started

Preheat the oven to 200°C. Trim the aubergine and slice into 1 cm thick rounds. Pop onto a baking tray in a single layer, drizzle with **oil** and season with salt and pepper. Chop the potatoes into 2cm wide wedges (no need to peel!). Pop the wedges on another large baking tray. Drizzle with oil, sprinkle over half the sesame seeds, season with salt and pepper. Toss to coat then spread out in a single layer, place them in the middle shelf. Pop the **aubergines** on the top shelf and cook both until they are golden, 20-25 mins. Turn halfway through cooking.



4. Miso Time!

Pop the remaining **sesame seeds** into a medium frying pan over medium heat (no oil!), stir until they're golden brown, 2-3 mins. **TIP:** Watch them like a hawk as they can easily burn!. Pop the **toasted sesame seeds** into a small bowl but don't wash the pan! Pop the miso paste, soy sauce, water and sugar (see ingredients for both amounts) into the frying pan over medium heat and bubble until thickened, 1-2 mins, stirring regularly to prevent the mixture from burning. Once the aubergine is cooked, add this to the miso pan with half the toasted sesame seeds, and carefully turn to coat in the mixture.



2. Get Prepped

Trim the **cucumber**, then halve lengthways into small pieces.. Trim the root from the **baby gem lettuce** then separate the leaves. Pop the sliced cucumber and lettuce into a bowl and set aside. Halve the lime.



3. Peanut Time

Pop the **peanut butter** into a small bowl with the sweet chilli sauce, half the lime juice and a pinch of **salt** and **pepper**. Mix well and add a splash of water to loosen.



5. Salad Time

Halve the **burger buns** and pop them into the oven to warm through during the last 2-3 mins of potato cooking time. Mix the remaining **sesame** seeds through the lettuce and cucumber with the remaining lime juice, a drizzle of olive oil and a pinch of salt and pepper. Toss together.



6. Assemble

Divide the **burgers** between plates and top with the **miso aubergine**. Add a spoonful of the peanut butter sauce then top with some of the salad. Divide the wedges between plates with the remaining salad on the side and any remaining peanut sauce alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.