



Miso Aubergine Burger & Wedges

with Limey Salad and Satay Sauce

N° 5

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



Aubergine



Potato



Sesame Seeds



Cucumber



Baby Gem Lettuce



Lime



Peanut Butter



Sweet Chilli Sauce



Miso Paste



Soy Sauce



Burger Bun

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

	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**	½	¾	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

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

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Packed in the UK



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.

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.



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**.



5. Salad Time

Halve the **burger buns** and pop them into the oven to warm through during the last 2-3 mins of cooking. 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.



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.



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!