



Miso Glazed Aubergine Tacos

with Wedges, Pickled Red Onions and Sesame Mayo

Classic 40 Minutes • 2 of your 5 a day

21



Potato



Aubergine



Red Onion



Cider Vinegar



Baby Gem Lettuce



Lime



Coriander



Miso Paste



Honey



Soy Sauce



Sesame Seeds



Mayonnaise



Soft Shell Taco

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Aubergine**	2	3	4
Red Onion**	1	1	2
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Sugar for the Pickle*	½ tsp	¾ tsp	1 tsp
Baby Gem Lettuce**	1	1½	2
Lime**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Miso Paste 11)	15g	22g	30g
Honey	1 sachet	1½ sachet	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachet	2 sachets
Sugar for the Miso Sauce*	½ tsp	¾ tsp	1 tsp
Sesame Seeds 3)	15g	15g	15g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Soft Shell Taco 13)	6	8	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	844g	100g
Energy (kJ/kcal)	2993/715	355/85
Fat (g)	17	2
Sat. Fat (g)	3	1
Carbohydrate (g)	126	15
Sugars (g)	25	3
Protein (g)	19	2
Salt (g)	2.92	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 8) Egg 9) Mustard 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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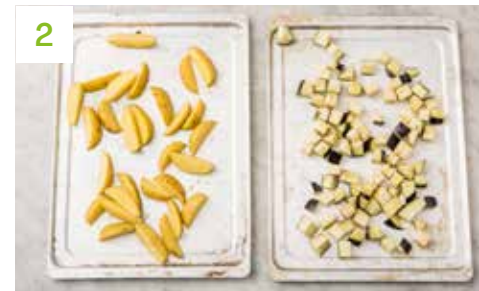
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Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Trim the **aubergine**, halve lengthways and chop into 2cm wide strips, then chop into 2cm chunks. Pop the **potato wedges** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat. Put the **aubergine chunks** on another baking tray, drizzle with **oil** (no need to season). Toss to coat.



Roast

Roast the **wedges** on the top shelf of the oven until golden and tender, 25-30 mins. Roast the **aubergine** on the middle shelf until browned and tender as well, 20-25 mins. Turn the **aubergine** and **potatoes** after 15 mins. Meanwhile, halve, peel and thinly slice the **red onion**. Pop half the **red onion** in a small bowl and add the **cider vinegar** and **sugar** (see ingredient list for amount). Add a pinch of **salt**, mix together and set aside.



Finish the Prep

Trim the root from the **baby gem**, halve lengthways, thinly slice. Cut the **lime** into **wedges**. Roughly chop the **coriander** (stalks and all). Mix the **miso**, **honey**, **soy sauce**, **sugar** (see ingredient list for amount) and 1 tbsp of **water** per person together in a small bowl.



Toast the Seeds

Heat a frying pan on medium-high heat (no **oil**). When hot, add the **sesame seeds**, toast until golden, 2-3 mins. Toss every minute. Pop half of them in another small bowl and add the other half to the **miso soy mixture** but don't wash up the pan! Stir the **mayo** in the bowl with the **sesame seeds** (not the **miso** bowl).



Finish the Aubergine

Heat a drizzle of **oil** in the frying pan you used for the **sesame seeds** on medium-high heat. Add the **red onion**, stir-fry until softened, 4-5 mins. Once cooked, add the **roasted aubergine** to the pan with the **onion**. Pour the **miso mix** into the pan. Bubble away until the **moisture** has gone and the **aubergine** is sticky, 3-5 mins. Remove from the heat. Pop your **tacos** into the oven to warm through for the last 2-3 mins of the **wedges** cooking time.



Finish and Serve

Spoon the **sesame mayo** onto the bottom of each **taco** and spread it out. Divide the **lettuce** between the **tacos** and squeeze on some **lime juice**. Spoon the **aubergine mixture** on top, followed by a sprinkle of **coriander** and the **pickled onion**. Serve with the **wedges** on the side and cut the remaining **lime** into **wedges** to serve 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.