

Miso Glazed Aubergine Tacos

with Wedges, Pickled Red Onion and Sesame Mayo

Classic 40-45 Minutes • Mild Spice • 5 of your 5 a day • Veggie



Potatoes



Aubergine



Red Onion



Cider Vinegar



Baby Gem Lettuce



Lime



Coriander



Miso Paste



Teriyaki Sauce



Roasted White Sesame Seeds



Mayonnaise



Plain Taco Tortilla

Pantry Items

Oil, Salt, Pepper, Sugar

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, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Aubergine**	2	3	4
Red Onion**	1	1	2
Cider Vinegar 14	15ml	15ml	30ml
Baby Gem Lettuce**	1	1½	2
Lime**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Miso Paste 11	15g	30g	30g
Teriyaki Sauce 11	50g	75g	100g
Roasted White Sesame Seeds 3	14g	14g	14g
Mayonnaise 8 9	64g	96g	128g
Plain Taco Tortilla 13	6	9	12

Pantry	2P	3P	4P
Sugar for the Pickle*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3150 / 753	367 / 88
Fat (g)	18.6	2.2
Sat. Fat (g)	3.5	0.4
Carbohydrate (g)	133.8	15.6
Sugars (g)	31.1	3.6
Protein (g)	19.8	2.3
Salt (g)	3.82	0.45

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

Allergens

3) Sesame **8)** Egg **9)** Mustard **11)** Soya **13)** Cereals containing gluten **14)** Sulphites

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

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

 You can recycle me!



Get Prepped

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

Chop the **potatoes** into 2cm wide wedges (no need to peel). Trim the **aubergine**, then cut into roughly 2cm pieces.

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

Pop the **aubergine** onto another baking tray. Drizzle with **oil** and toss to coat. Spread out in a single layer.



Mix the Sauce and Mayo

In a small bowl, mix together the **miso paste**, **teriyaki sauce** and **half** the **sesame seeds**. Set your **miso sauce** aside.

Combine the remaining **sesame seeds** and **mayo** in another small bowl. Set the **sesame mayo** aside until serving.



Pickle the Onion

When the oven is hot, roast the **wedges** on the top shelf until golden, 25-35 mins.

Roast the **aubergine** on the middle shelf until soft and golden, 20-25 mins. Turn both halfway through.

Meanwhile, halve, peel and thinly slice the **red onion**.

Pop **half** the **onion** into a small bowl with the **cider vinegar** and **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix together, then set aside.



Glaze the Aubergine

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the remaining **onion** and fry until softened, 4-5 mins.

Pour in the **miso sauce** and allow it to bubble away until slightly thickened, 2-3 mins, then remove from the heat.

Once roasted, add the **aubergine** to the **miso sauce** and carefully stir to glaze it.

Pop the **tortillas** (3 per person) onto the (now empty) **aubergine** baking tray and into the oven to warm through, 1-2 mins.



Slice and Chop

Trim the **baby gem**, halve lengthways, then thinly slice widthways.

Cut the **lime** into wedges. Roughly chop the **coriander** (stalks and all).



Assemble your Tacos

When everything's ready, lay the **tortillas** onto your plates and spread each with some **sesame mayo**.

Top with the **lettuce** and squeeze over a little **lime juice**. Spoon over the **glazed aubergine**, then finish with the **coriander** and **pickled onion** - as much as you'd like.

Serve with the **wedges** and any remaining **lime wedges** alongside. **TIP: Tacos are best enjoyed eaten by hand - get stuck in!**

Enjoy!