



Miso Glazed Aubergine Tacos

with Wedges & Lettuce

CLASSIC 40 Minutes • 2 of your 5 a day • Veggie

N° 7



Potato



Aubergine



Red Onion



Cider Vinegar



Iceberg Lettuce



Lime



Coriander



Miso Paste



Honey



Soy Sauce



Sesame Seeds



Mayonnaise



Soft Shell Taco

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 and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Aubergine**	2	3	4
Red Onion**	1	1½	2
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Sugar for the Pickle*	½ tsp	¾ tsp	1 tsp
Iceberg Lettuce**	½	¾	1
Lime**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Miso Paste 11)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Sugar for the Miso Sauce*	½ tsp	¾ tsp	1 tsp
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Soft Shell Taco 13)	6	9	12

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	867g	100g
Energy (kJ/kcal)	3393 /811	392 /94
Fat (g)	28	3
Sat. Fat (g)	4	1
Carbohydrate (g)	119	14
Sugars (g)	26	3
Protein (g)	20	2
Salt (g)	4.00	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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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You can recycle me!



Packed in the UK



1. 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.



4. 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**. Stir the **mayo** in the bowl with the **sesame seeds** (not the miso bowl!).



2. Pickle the Onion

Roast the **wedges** on the top shelf of the oven until golden and tender, 25-30 mins. Roast the **aubergine** on the middle shelf of your oven 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.



5. Finish the Aubergine

Heat a drizzle of **oil** in a frying pan on medium high heat. Add the remaining **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.



3. Finish the Prep

Halve the **iceberg lettuce** through the root and thinly slice (see ingredients for amount you need). 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.



6. 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.