



Korean-Style Roasted Eggplant

with Garlic Rice, Sesame Veggies & Roasted Cashews

Grab your Meal Kit with this symbol



Eggplant



Onion



Garlic



Basmati Rice



Vegetable Stock Powder



Green Beans



Asian Greens



Ssamjang Paste



Korean Stir-Fry Sauce



Crushed Roasted Cashews



Chilli Flakes (Optional)

Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: **20-30 mins**
- Ready in: **35-45 mins**
- Spicy (optional chilli flakes)

Introducing the newest member of the HelloFresh family: ssamjang paste! You may know it from classic Korean dishes, but this superstar ingredient adds a deep, umami rich flavour to anything it touches - one taste and we know you'll be hooked. Here, you'll make a smokey and salty glaze that transforms eggplant into a caramelised and roasted delight. With fragrant garlic rice and flavourful greens, this is a vegetarian feast in a bowl.

Pantry items

Olive Oil, Butter, Sesame Oil, Soy Sauce, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
butter*	40g	80g
basmati rice	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
water* (for the rice)	1½ cups	3 cups
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 bag	2 bags
sesame oil*	drizzle	drizzle
ssamjang paste	1 medium packet	1 large packet
Korean stir-fry sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
rice wine vinegar*	½ tbs	1 tbs
water* (for the sauce)	¼ cup	½ cup
crushed roasted cashews	1 packet	2 packets
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2826kJ (675Cal)	606kJ (144Cal)
Protein (g)	13.6g	2.9g
Fat, total (g)	28g	6g
- saturated (g)	12.9g	2.8g
Carbohydrate (g)	90.2g	19.3g
- sugars (g)	17.8g	3.8g
Sodium (mg)	1884mg	404mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **eggplant** and **onion** into bite-sized chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** (2 tbs for 2 people / ¼ cup for 4 people), season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: Adding enough olive oil will ensure the eggplant cooks in time.



Cook the veggies

Heat a large frying pan with a drizzle of **olive oil** over a medium-high heat. Cook the **green beans** until tender, **4-5 minutes**. Add the **Asian greens** and a drizzle of **sesame oil** and cook until just wilted, **1-2 minutes**. Season to taste. Transfer to a medium bowl.



Make the garlic rice

While the veggies are roasting, finely chop the **garlic**. Heat a medium saucepan over a medium heat with 1/2 the **butter** and a dash of **olive oil**. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **vegetable stock powder** and **water (for the rice)**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Glaze the eggplant

Return the frying pan to a medium-high heat with a drizzle of **olive oil** and the remaining **butter**. Gently stir through the **roasted veggies**, the **ssamjang paste**, **Korean stir-fry sauce**, the **soy sauce**, **rice wine vinegar** and **water (for the sauce)** and cook until combined, **1-2 minutes**. Season to taste.



Get prepped

While the rice is cooking, trim the **green beans** and slice into thirds. Roughly chop the **Asian greens**.



Serve up

Divide the garlic rice between bowls. Top with the Korean-style roasted eggplant and sesame veggies. Garnish with the **crushed roasted cashews** and a pinch of **chilli flakes** (if using) to serve.

Enjoy!