

# Crispy Asian Eggplant & Carrot Noodle Salad with Tangy Lemon Dressing & Crispy Shallots

CLIMATE SUPERSTAR













Lemon







Sweet Soy Seasoning







Carrot Noodles

**Shredded Cabbage** 



Garlic Aioli

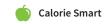


Crispy Shallots



Prep in: 20-30 mins Ready in: 25-35 mins

> Eat Me Early\* \*Custom Recipe only



Eggplant is known in our storybooks as the veggie ruler! Dress it in the finest sweet and soy flavours with a golden crispy glow and marvel at the wealth of flavour the carrot noodle salad brings with gems such as ponzu and a lemon dressing. We bow before the might of this eggplant dish!

**Pantry items** 

Olive Oil, Sesame Oil, Plain Flour

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
baby spinach leaves	1 small bag	1 medium bag
eggplant	1	2
lemon	1/2	1
sweet soy seasoning	1 sachet	2 sachets
ponzu sauce	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
carrot noodles	1 medium packet	1 large packet
cornflour	1 packet	2 packets
plain flour*	1 tbs	2 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1691kJ (404Cal)	406kJ (97Cal)
Protein (g)	5.8g	1.4g
Fat, total (g)	20.9g	5g
- saturated (g)	3.4g	0.8g
Carbohydrate (g)	45.8g	11g
- sugars (g)	21.2g	5.1g
Sodium (mg)	1323mg	317mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2436kJ (582Cal)	422kJ (101Cal)
Protein (g)	38.9g	6.7g
Fat, total (g)	26.2g	4.5g
- saturated (g)	5g	0.9g
Carbohydrate (g)	46.6g	8.1g
- sugars (g)	21.2g	3.7g
Sodium (mg)	1422mg	246mg

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.

#### We're here to help!

Scan here if you have any questions or concerns





## Get prepped

- Finely chop garlic. Roughly chop baby spinach leaves. Cut eggplant into bite-sized chunks.
- Zest **lemon** to get a good pinch, then cut in half.
- In a medium bowl, combine sweet soy seasoning, eggplant and a drizzle of olive oil. Set aside.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks. Combine with the spice blend and eggplant in a large bowl.



## Cook the eggplant

- Return the frying pan to medium-high heat with enough olive oil to cover the base. Add cornflour and the plain flour to the eggplant, tossing to coat.
- When oil is hot, dust off any excess flour from eggplant, then cook, tossing occasionally, until browned and cooked through, 4-5 minutes.
- Transfer to a paper towel-lined plate.

**Custom Recipe:** Heat the pan as above, coat chicken and eggplant in the flours, then cook chicken and eggplant, tossing occasionally, until browned and cooked through, 5-6 minutes.



#### Dress the carrot noodles

- In a large frying pan, heat a drizzle of **olive oil** over medium-low heat.
- Cook garlic until fragrant, 1-2 minutes. Transfer garlic oil mixture to a large bowl.
- To the bowl with garlic oil, add lemon zest, ponzu sauce, the sesame oil
  and a generous squeeze of lemon juice. Season and stir to combine.
- Add **carrot noodles** to the **lemon dressing**. Toss to coat and set aside.



## Serve up

- Meanwhile, add **shredded cabbage mix** and baby spinach to the carrot noodles. Toss well to combine and season to taste.
- Divide carrot noodle salad between bowls.
- Top with crispy Asian eggplant.
- Drizzle over garlic aioli and garnish with crispy shallots. Enjoy!

### Rate your recipe

