



Crispy Asian Eggplant & Carrot Noodle Salad

with Tangy Lemon Dressing & Crispy Shallots

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Eggplant



Lemon



Sweet Soy Seasoning



Ponzu Sauce



Carrot Noodles



Cornflour



Shredded Cabbage Mix



Garlic Aioli



Crispy Shallots



Chicken Breast

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



Calorie Smart



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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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	½	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

*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



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1



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.

3



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.

2



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.

4



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

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