



Sweet-Soy Eggplant & Cucumber Slaw Bowl

with Sesame Dressing & Crispy Shallots

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Eggplant



Sweet Soy Seasoning



Radish



Baby Spinach Leaves



Cucumber



Carrot



Garlic Paste



Shredded Cabbage Mix



Crispy Shallots

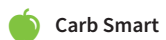


Sesame Dressing



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins



Carb Smart

Eat Me Early*

*Custom Recipe only

Eggplant roasted in the oven has to be one of our favourite veggies. The sweet and soy seasoning gives it a special boost of flavour and the refreshing cucumber slaw drizzled over with sesame dressing tastes divine.

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Sesame Oil, Soy Sauce, Brown Sugar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
sweet soy seasoning	1 sachet	2 sachets
radish	2	4
vinegar* (white wine or rice wine)	¼ cup	½ cup
baby spinach leaves	1 medium bag	1 large bag
cucumber	1 (medium)	1 (large)
carrot	1	2
garlic paste	1 medium packet	1 large packet
sesame oil*	1 tbs	2 tbs
soy sauce*	½ tbs	1 tbs
brown sugar*	½ tsp	1 tsp
shredded cabbage mix	1 bag (150g)	1 bag (300g)
crispy shallots	1 medium packet	1 large packet
sesame dressing	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)	1440kJ (344Cal)	311kJ (74Cal)
Protein (g)	6.2g	1.3g
Fat, total (g)	21.3g	4.6g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	28.4g	6.1g
- sugars (g)	17.4g	3.8g
Sodium (mg)	1305mg	282mg
Dietary Fibre (g)	13.2g	2.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2185kJ (522Cal)	351kJ (84Cal)
Protein (g)	39.3g	6.3g
Fat, total (g)	26.5g	4.3g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	29.2g	4.7g
- sugars (g)	17.4g	2.8g
Sodium (mg)	1405mg	226mg
Dietary Fibre (g)	13.2g	2.1g

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](https://www.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

2023 | CW48



1



Roast the eggplant

- Preheat oven to **220°C/200°C fan-forced**. Cut **eggplant** into quarters lengthways, then deeply score the flesh to make a criss-cross pattern.
- Place **eggplant** on lined oven tray, sprinkle over **sweet soy seasoning**, season with **salt** and drizzle with **olive oil**.
- Roast until tender, **20-25 minutes**.

4



Make the dressing

- Add **garlic paste** and the **sesame oil** to a large microwave-safe bowl. Microwave in **10 second** bursts until sizzling.
- Add the **soy sauce**, **brown sugar** and a splash of the **pickling liquid** and mix well.

2



Pickle the radish

- Meanwhile, thinly slice **radish**. In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **radish** to **pickling liquid**. Add enough **water** to just cover the radish and set aside.

5



Bring it all together

- Add **shredded cabbage mix** to the dressing, along with **baby spinach**, **carrot** and **cucumber**, tossing to combine.

3

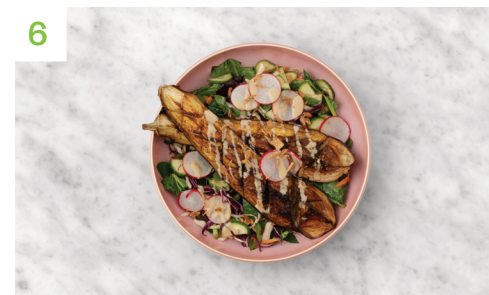


Get prepped

- Roughly chop **baby spinach leaves**. Slice **cucumber** into half-moons. Grate the **carrot**.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate.

6



Serve up

- Drain pickled radish.
- Divide cucumber slaw between bowls.
- Top with pickled radish and sweet-soy eggplant.
- Garnish with **crispy shallots**. Drizzle over **sesame dressing** to serve. Enjoy!

Custom Recipe: Top with chicken.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)