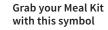


Asian-Style Eggplant & Carrot Noodle Salad with Tangy Lemon Dressing & Crispy Shallots

NEW

CLIMATE SUPERSTAR













Lemon





Sweet Soy Seasoning





Carrot Noodles Cornflour



Shredded Cabbage



Garlic Aioli

Crispy Shallots





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!



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

^{*}Pantry Items

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

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.



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.



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.



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.



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 Asian-style eggplant.
- Drizzle over garlic aioli and garnish with crispy shallots. Enjoy!



Let our culinary team know: hellofresh.co.nz/rate