



# Asian-Style 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

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

Calorie Smart

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
<b>olive oil*</b>	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
<b>sesame oil*</b>	1 tsp	2 tsp
carrot noodles	1 medium packet	1 large packet
cornflour	1 packet	2 packets
<b>plain flour*</b>	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](https://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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## 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.

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## 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.

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.

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## 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!

## Rate your recipe

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