

Korean Eggplant & Baby Broccoli Stir-Fry with Garlic Rice & Mayonnaise

Grab your Meal Kit with this symbol





Pantry items

Prep in: 25-35 mins Ready in: 30-40 mins Calorie Smart* *Custom Recipe is not Calorie Smart

Eggplant is known in our storybooks as the veggie ruler! Dress it in the finest sweet and soy flavours and roast it in the oven for a depth of flavour you didn't know was possible. Served with garlicky rice and stir-fried veggies, this warming dish is sure to be a crowd pleaser.

Olive Oil, Butter

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 · Medium saucepan with a lid · Large frying pan

Inaredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
eggplant	1	2
onion	1/2	1
green beans	1 small packet	1 medium packet
baby broccoli	1/2 medium bunch	1 medium bunch
sweet soy seasoning	1 sachet	2 sachets
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
Korean stir-fry sauce	1 medium packet	1 large packet
water* (for the sauce)	⅓ cup	⅔ cup
mayonnaise	1 medium packet	1 large packet
coriander	1 packet	1 packet
chilli flakes ∮ (optional)	pinch	pinch
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2686kJ (642Cal)	518kJ (124Cal)
Protein (g)	13.5g	2.6g
Fat, total (g)	20.1g	3.9g
- saturated (g)	7.2g	1.4g
Carbohydrate (g)	96.6g	18.6g
- sugars (g)	23g	4.4g
Sodium (mg)	1639mg	316mg

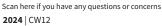
Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3482kJ (832Cal)	541kJ (129Cal)
Protein (g)	42.2g	6.6g
Fat, total (g)	28.4g	4.4g
- saturated (g)	10.5g	1.6g
Carbohydrate (g)	96.6g	15g
- sugars (g)	23g	3.6g
Sodium (mg)	1689mg	263mg

The quantities provided above are averages only.

Allergens Always read product labels for the most 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!





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Finely chop garlic. Cut eggplant into bite-sized chunks. Cut onion (see ingredients) into thin wedges. Trim and halve green beans and any thicker stalks of baby broccoli (see ingredients).

Custom Recipe: If you've added beef strips, discard any liquid from packaging.



Roast the eggplant

- · Place eggplant on a lined oven tray, sprinkle over **sweet soy seasoning**, then season with **salt** and **pepper** and a drizzle of **olive oil**.
- Roast until tender, 20-25 minutes.



Cook the garlic rice

- · Meanwhile, heat a medium saucepan over medium heat with the **butter** and a dash of **olive** oil. Cook half the garlic until fragrant, 1-2 minutes.
- Add basmati rice, the water (for the rice) and a generous pinch of salt, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for 10 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10 minutes.

TIP: The rice will finish cooking in its own steam so don't peek!



Make the sauce

- Add remaining garlic and cook until fragrant, 1 minute.
- Add Korean stir-fry sauce and the water (for the sauce) and simmer until slightly reduced, 1-2 minutes. Season with pepper.

Custom Recipe: Once the sauce has slightly reduced, return beef strips to pan and toss until coated. Season with pepper.

Serve up

- Divide garlic rice and baby broccoli stir-fry between bowls. Top with Korean eggplant.
- Drizzle over mayonnaise. Tear over coriander and garnish with a pinch of chilli flakes (if using). Enjoy!

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Cook the veggies

• While the rice is cooking, heat a large frying pan over medium-high heat with a drizzle of **olive** oil. Cook green beans, baby broccoli and onion until tender, 6-7 minutes.

Custom Recipe: Before cooking veggies, heat frying pan over high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate and continue with recipe.