



# Korean Eggplant & Baby Broccoli Stir-Fry

with Garlic Rice & Mayonnaise

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Eggplant



Onion



Green Beans



Baby Broccoli



Sweet Soy Seasoning



Basmati Rice



Korean Stir-Fry Sauce



Mayonnaise



Coriander



Chilli Flakes (Optional)



Beef Strips

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.

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

### Pantry items

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
eggplant	1	2
onion	½	1
green beans	1 small packet	1 medium packet
baby broccoli	½ 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 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

2024 | CW12



## 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.



## 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.



## 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**.



## 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.



## 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!



## 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!

## Rate your recipe

Did we make your tastebuds happy?

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