

# Eggplant & Coconut Curry Noodles

with Asian Greens & Crispy Shallots

Grab your Meal Kit with this symbol



Eggplant



Garlic



Carrot



Asian Greens



Long Green Chilli (Optional)



Udon Noodles



Ginger & Lemongrass Paste



Southeast Asian Spice Blend



Coconut Milk



Crispy Shallots



Coriander



Hands-on: **25-35 mins**  
Ready in: **30-40 mins**



Calorie Smart



Spicy (optional long green chilli)

Set your timers: this is a quick dish with the flavour of a slow-cooked meal. With tender vegetables coated in a luscious coconut curry sauce and crispy shallots, this fragrant bowl of noodles is a choice you can't regret!

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Rice Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper ·  
Medium heatproof bowl · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
garlic	2 cloves	4 cloves
carrot	1	2
Asian greens	1 head	2 heads
long green chilli (optional)	½	1
udon noodles	1 packet	2 packets
ginger & lemongrass paste	½ packet	1 packet
Southeast Asian spice blend	1 sachet	1 sachet
coconut milk	1 tin (200ml)	1 tin (400ml)
soy sauce*	1 tbs	2 tbs
brown sugar*	pinch	pinch
rice wine vinegar*	½ tbs	1 tbs
crispy shallots	1 packet	1 packet
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2182kJ (522Cal)	412kJ (98Cal)
Protein (g)	15.2g	2.9g
Fat, total (g)	24.3g	4.6g
- saturated (g)	19.1g	3.6g
Carbohydrate (g)	55.4g	10.4g
- sugars (g)	9.9g	1.9g
Sodium (mg)	1020mg	192mg

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## 1 Roast the eggplant

Preheat the oven to **240°C/220°C fan-forced**. Boil the kettle. Cut the **eggplant** into small chunks. Place the **eggplant** on a lined oven tray with a generous drizzle of **olive oil**. Season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

**TIP:** Adding enough oil will ensure the eggplant softens in time.



## 4 Make the coconut curry

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot**, tossing occasionally, until softened, **4-5 minutes**. Add the **Asian greens, ginger & lemongrass paste** (see ingredients), **garlic** and **Southeast Asian spice blend** and cook until wilted and fragrant, **1-2 minutes**. Add the **coconut milk, soy sauce**, a pinch of **brown sugar** and the **rice wine vinegar**. Stir to combine and simmer until slightly thickened, **3-4 minutes**.

**TIP:** Add a dash of water to the pan to help speed up the veggie cooking process.



## 2 Get prepped

While the eggplant is roasting, finely chop the **garlic**. Thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**. Thinly slice the **long green chilli** (if using).



## 5 Bring it all together

Add the **roasted eggplant** and cooked **noodles** to the **coconut curry**. Gently stir to combine and season to taste.

**TIP:** If the sauce is too thick, add a splash of water to loosen.



## 3 Cook the noodles

Add the **udon noodles** to a medium heatproof bowl. Add enough **boiling water** to cover the **noodles**, then set aside until tender, **2-3 minutes**. Stir occasionally with a fork to separate. Drain.



## 6 Serve up

Divide the eggplant coconut curry noodles between bowls. Top with the **crispy shallots** and **chilli**. Tear over the **coriander** to serve.

**Enjoy!**