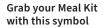


# Eggplant & Coconut Curry Noodles with Asian Greens & Crispy Shallots













Carrot





Asian Greens



Long Green Chilli



Udon Noodles

(Optional)



Ginger & Lemongrass



Southeast Asian Spice Blend



Coconut Milk



Crispy Shallots



Coriander



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

long green chilli)

## 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

9		
	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)	1/2	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

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
2182kJ (522Cal)	412kJ (98Cal)
15.2g	2.9g
24.3g	4.6g
19.1g	3.6g
55.4g	10.4g
9.9g	1.9g
1020mg	192mg
	2182kJ (522Cal) 15.2g 24.3g 19.1g 55.4g 9.9g

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.



# 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



## 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).



#### 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.



## 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.



## 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.



# Serve up

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

Enjoy!