



Teriyaki Eggplant & Slaw Tacos

with Sesame Fries & Crushed Peanuts

Grab your Meal Kit with this symbol



Potato



Eggplant



Cucumber



Teriyaki Sauce



Mayonnaise



Crushed Peanuts



Mixed Sesame Seeds



Red Onion



Garlic



Slaw Mix



Mini Flour Tortillas

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Give taco night an Asian twist with the unbeatable combo of melt-in-the-mouth eggplant in teriyaki sauce, crisp slaw tossed with creamy mayo and a topping of crushed peanuts. For a special finishing touch, sprinkle sesame seeds on the fries before baking!

Pantry items

Olive Oil, Brown Sugar, Soy Sauce, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| mixed sesame seeds | 1 sachet | 1 sachet |
| eggplant | 1 | 2 |
| red onion | 1 (medium) | 1 (large) |
| cucumber | 1 (medium) | 1 (large) |
| garlic | 2 cloves | 4 cloves |
| teriyaki sauce | 1 packet (65g) | 1 packet (130g) |
| brown sugar* | 1 tbs | 2 tbs |
| soy sauce* | 1 tsp | 2 tsp |
| rice wine vinegar* | ½ tbs | 1 tbs |
| slaw mix | 1 bag (150g) | 1 bag (300g) |
| mayonnaise | 1 packet (80g) | 2 packets (160g) |
| mini flour tortillas | 8 | 16 |
| crushed peanuts | 1 packet | 2 packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3942kJ (942Cal) | 563kJ (134Cal) |
| Protein (g) | 21.9g | 3.1g |
| Fat, total (g) | 48.9g | 7g |
| - saturated (g) | 10.4g | 1.5g |
| Carbohydrate (g) | 102g | 14.6g |
| - sugars (g) | 24.4g | 3.5g |
| Sodium (mg) | 1558mg | 223mg |

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.



Bake the sesame fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries and place on a lined oven tray. Sprinkle with the **mixed sesame seeds**, season with **salt** and drizzle with **olive oil**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.



Roast the veggies

While the fries are baking, cut the **eggplant** into small chunks. Cut the **red onion** into wedges. When the fries have **15 minutes** cook time remaining, place the **eggplant** and **onion** on a second lined oven tray. Drizzle generously with **olive oil** and toss to coat. Spread out evenly, then roast until tender, **10-15 minutes**.

TIP: Adding enough oil ensures the eggplant will soften in time.



Get prepped

Cut the **cucumber** into thin sticks. Finely chop the **garlic**. In a small bowl, combine the **teriyaki sauce**, **garlic**, **brown sugar**, **soy sauce**, **rice wine vinegar** and a splash of **water**.



Add the sauce

When the eggplant is done, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **roasted eggplant**, **onion** and **teriyaki sauce mixture**, stirring, until sticky and heated through, **3-4 minutes**.



Heat the tortillas

In a medium bowl, combine the **slaw mix** and **1/2 the mayonnaise**. Season to taste and set aside. Microwave the **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.



Serve up

Spread the remaining mayo over the tortillas, then top with the slaw, teriyaki eggplant and cucumber. Garnish with the **crushed peanuts** and serve with the sesame fries.

TIP: Add the sesame fries to your taco if you prefer!

Enjoy!