

Chilli Garlic Aubergine Noodles

with teriyaki veg and crunchy peanuts

Veggie Calorie Smart 25 – 30 mins • Optional spice

14



Peanuts



Egg Noodles



Teriyaki Sauce



Lemon



Garlic



Dried Chilli Flakes



Pak Choi



Aubergine



Bell Pepper



Miso Paste

Pantry Items: Salt, Pepper, Oil, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, sieve, zester

Ingredients

	2P	4P
Peanuts	20 g	40 g
Egg Noodles	150 g	300 g
Teriyaki Sauce	1 sachet	2 sachets
Lemon	1 unit	2 units
Garlic	2 units	4 units
Dried Chilli Flakes	1 sachet	2 sachets
Pak Choi	1 unit	2 units
Aubergine	1 unit	2 units
Bell Pepper	1 unit	2 units
Miso Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	485.5 g	100 g
Energy (kJ/kcal)	2411 kJ/ 576 kcal	497 kJ/ 119 kcal
Fat (g)	12.9 g	2.7 g
Sat. Fat (g)	1.5 g	0.3 g
Carbohydrate (g)	94.7 g	19.5 g
Sugars (g)	27.2 g	5.6 g
Protein (g)	24.1 g	5 g
Salt (g)	8.7 g	1.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Roast the Aubergine

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Boil a pot of **salted water** for the **noodles**.
- Trim and chop the **aubergine** into 2cm chunks.
- Toss with a drizzle of **oil, salt** and **pepper** on a lined baking tray.
- Roast on the top shelf of the oven for 20-25 mins.



Cook the Noodles

- When the **water** is boiling, add the **noodles**.
- Cook until softened, 4-6 mins.
- Drain in a sieve and return to the pot, off the heat.
- Drizzle with **oil** and toss to prevent sticking.



Get Prepped

- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Zest and quarter the **lemon**.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **pak choy** then quarter widthways.



Soften the Veg

- Place a pan over medium-high heat (without oil).
- Once the pan is hot, fry the **pepper** and **pak choy** until starting to soften, 4-5 mins.
- Add the **chilli flakes** (use less if you don't like spice), **lemon zest** and **garlic**.
- Fry until fragrant, 30 secs.



Add the Teriyaki

- Add 100ml **water**, the juice of two **lemon** wedges (double both for 4p), **teriyaki sauce** and **miso paste** to the pan.
- Stir together and bring to the boil.
- Add another splash of **water** to loosen the sauce if needed. Season to taste with **salt** and **pepper**.
- Toss the **noodles** in the sauce until coated and warmed through, 1-2 mins.

TIP: The miso is quite salty so make sure to taste before seasoning your sauce!



Garnish and Serve

- Divide the **noodles** between bowls.
- Top with the tender roasted **aubergine**.
- Scatter over the **peanuts**.
- Serve remaining **lemon** wedges alongside for squeezing over.

Enjoy!