



**HELLO
FRESH**

XO Glazed Aubergine Rice Bowl

with Tenderstem® Broccoli and Young Pea Pods

Calorie Smart

Preparation time : 25 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/xo-glazed-aubergine-rice-bowl-441>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Medium Saucepan, Lid, Pan, Measuring Jug, Rolling Pin

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Aubergine (unit(s))	1	1½	2
Basmati Rice (grams)	100	150	200
Tenderstem® Broccoli (grams)	80	160	160
Young Pea Pods (grams)	80	160	160
Cornflour (grams)	10	15	20
Vegan XO Sauce (grams)	50	75	100
Honey (grams)	15	22½	30
Sriracha Sauce (milliliter(s))	16	24	32
Salted Peanuts (grams)	25	40	40
Water for the Rice (milliliter(s))	200	300	400
Water for the Sauce (milliliter(s))	125	175	250

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	1768 kJ
Energy (kcal)	423 kcal
Fat	11.4 g
of which saturates	1.9 g
Carbohydrate	72.2 g
of which sugars	17.8 g
Dietary Fibre	7.6 g
Protein	12.7 g
Salt	2.03 g

Allergens

Pecan Nuts, May contain traces of allergens, Soya, Pistachio nuts, Macadamia Nuts, Hazelnuts, Brazil nuts, Celery, Almonds, Cashew nuts, Peanut, Walnuts, Sesame, Nuts

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Trim the **aubergine**, then halve lengthways. Slice widthways into 1cm pieces. Pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. When the oven is hot, roast the **aubergine** on the top shelf until soft and golden, 18-20 mins. Turn halfway through.



Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **14 tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Into the Oven

While everything cooks, cut the **Tenderstem® broccoli** into thirds. When the **aubergine** has around 10 mins remaining, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins. Add the **young pea pods** and a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 4-6 mins more. Season with **salt** and **pepper**.



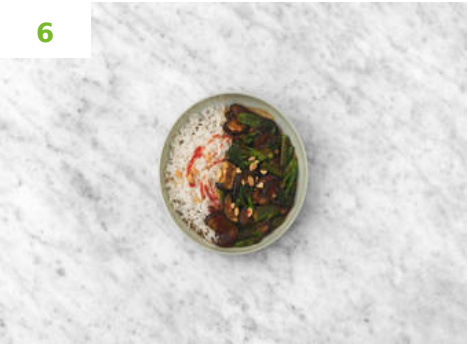
Add the Flavour

Meanwhile, in a jug, mix the **cornflour**, **XO sauce** and **honey** until combined into a thick paste. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen. Add in the **water**, a little at a time, until you have a **smooth mixture**. Crush the **peanuts** in the unopened sachet using a rolling pin.



All Together Now

Once the **broccoli** is cooked, add the **sauce** to the pan and simmer until thickened, 1-2 mins. Remove from the heat. If the **sauce** is too thick, add a splash of **water** to loosen. Once the **aubergine** has finished roasting, add it to the **veg** pan and mix to coat. Taste and season with **salt** and **pepper** if you feel it needs it. Add a splash more **water** if it looks a little dry.



Serve Up

When everything's ready, fluff up the **rice** and share between serving bowls. Top with the stir-fry and spoon over any remaining **sauce** from the pan. Drizzle with the **sriracha sauce** and sprinkle over the **crushed peanuts** to finish.

Enjoy your meal!