



**VEGETARIAN
EXPRESS**



Baby aubergines, Szechuan sauce and chilli peanuts

Ingredients

- 100g Szechuan sauce
- 20g hot chilli peanuts
- 10g green shiso leaves
- 400g baby aubergines

Hot chilli peanuts may contain traces of Tree Nuts.

Method | SERVES 4

- Split and roast baby aubergines.
- Drizzle over the Szechuan sauce, followed by chopped peanuts and layer on shiso leaves.

Typical Nutritional Values

	per 100g	serving 113g
Energy	319kJ 76Kcal	360kJ 86kcal
Fat	2.5g	2.8g
of which Saturated	0.4g	0.5g
Carbohydrate	11.0g	12.4g
of which Sugars	9.1g	10.3g
Fibre	2.2g	2.5g
Protein	2.3g	2.6g
Salt	0.8g	0.90g

Suitable for: Vegan, Dairy free

Allergens: Peanuts, Sesame Seeds,
Cereal Gluten, Soya

Impact | PER SERVING

This dish is inherently vegetarian and using it is naturally better for the planet's environment