



# Rustic Roasted Eggplant & Veggie Couscous

with Parmesan Cheese & Chargrilled Capsicum Relish

Grab your Meal Kit with this symbol



Eggplant



Courgette



Onion



Garlic



Garlic & Herb Seasoning



Israeli Couscous



Vegetable Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese



Chargrilled Capsicum Relish



Chilli Flakes (Optional)



Diced Bacon

Prep in: **20-30 mins**  
Ready in: **40-50 mins**



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

Eggplant and carrot, roasted to golden perfection, are tossed through a herby couscous dish. You'll notice the sharp Parmesan coming through and the chargrilled capsicum relish really elevates this dinner to the next level. Finish it off with a pinch of chilli flakes if you're looking to heat things up!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Medium or large baking dish · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
eggplant	1	2
courgette	1	2
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
garlic & herb seasoning	1 medium sachet	1 large sachet
Israeli couscous	2 packets	4 packets
vegetable stock powder	1 large sachet	2 large sachets
<b>water*</b>	3 cups	6 cups
baby spinach leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 medium packet	1 large packet
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)
<b>butter*</b>	20g	40g
chilli flakes (optional)	pinch	pinch
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2323kJ (555Cal)	559kJ (134Cal)
Protein (g)	15.2g	3.7g
Fat, total (g)	14.1g	3.4g
- saturated (g)	7.9g	1.9g
Carbohydrate (g)	89.2g	21.5g
- sugars (g)	11.5g	2.8g
Sodium (mg)	1680mg	404mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2908kJ (695Cal)	625kJ (149Cal)
Protein (g)	23.1g	5g
Fat, total (g)	26.3g	5.7g
- saturated (g)	12.4g	2.7g
Carbohydrate (g)	89.2g	19.2g
- sugars (g)	11.5g	2.5g
Sodium (mg)	2079mg	447mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **eggplant** into small chunks. Slice **courgette** into thick half-moons. Roughly chop **onion**. Finely chop **garlic**.



## Roast the veggies

- Meanwhile, place **eggplant** and **courgette** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.



## Start the couscous

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until tender, **3-5 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **Israeli couscous**, **vegetable stock powder** and the **water**. Stir to combine.

**Custom Recipe:** If you've added diced bacon, cook bacon with onion, breaking up with a spoon, until golden, 5-6 minutes. Continue as above.



## Bring it all together

- Remove **couscous** from oven, then stir through **baby spinach leaves**, **grated Parmesan cheese**, **chargrilled capsicum relish**, **roasted veggies** and the **butter**.
- Stir through a splash of **water** to loosen couscous if needed.



## Bake the couscous

- Transfer **couscous mixture** to a baking dish. Cover tightly with foil and bake until liquid is absorbed and couscous is tender, **28-32 minutes**.



## Serve up

- Divide roasted eggplant and veggie couscous between plates.
- Garnish with **chilli flakes** (if using) to serve. Enjoy!

## Rate your recipe

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