



Greek-Style Eggplant Wedges & Roast Veggies

with Parmesan Cheese & Capsicum Relish Aioli

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Potato



Carrot



Courgette



Eggplant



Garlic & Herb Seasoning



Grated Parmesan Cheese



Roasted Almonds



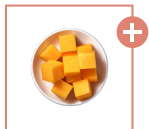
Garlic Aioli



Chargrilled Capsicum Relish



Baby Leaves



Peeled Pumpkin Pieces



Grated Parmesan Cheese

Prep in: 15-25 mins
Ready in: 35-45 mins



Any veggie lover will tell you, eggplant is king of the vegetable castle! With its deep purple hue and spongy texture, it's the chameleon of the kitchen, soaking up flavours and turning every dish into a taste sensation. Serve it with a few other veggie friends and a sprinkling of Parmesan cheese for extra punch!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
courgette	1	2
eggplant	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
grated Parmesan cheese	1 medium packet	1 large packet
roasted almonds	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet
chargrilled capsicum relish	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2233kJ (534cal)	224kJ (53cal)
Protein (g)	16.4g	1.6g
Fat, total (g)	28.2g	2.8g
- saturated (g)	4.6g	0.5g
Carbohydrate (g)	52.8g	5.3g
- sugars (g)	28.7g	2.9g
Sodium (mg)	1018mg	101.9mg
Dietary Fibre (g)	11.3g	1.1g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato, carrot** and **courgette** into bite-sized chunks. Cut **eggplant** into quarters lengthways, then deeply score the flesh to make a criss-cross pattern.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and sprinkle over **garlic & herb seasoning**. Season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **25-30 minutes**. In the **last 5 minutes** of cook time, remove from oven, sprinkle with **grated Parmesan cheese** and bake until golden and crisp, **5 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

3



Bring it all together

- When the veggies are done, remove tray from oven. Add **baby leaves** and toss to combine.

2



Get prepped

- Meanwhile, roughly chop **roasted almonds**.
- In a small bowl, combine **garlic aioli** and **chargrilled capsicum relish**. Set aside.

4



Serve up

- Divide roast veggies between bowls.
- Top with eggplant wedges. Drizzle over capsicum relish aioli.
- Garnish with roasted almonds. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



CUSTOM OPTIONS

+ ADD PEELLED PUMPKIN PIECES

Roast following method above until tender, 20-25 minutes.

+ DOUBLE GRATED PARMESAN

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

