

# Smokey Eggplant Salad & Mint Couscous

with Slivered Almonds & Garlic Yoghurt Dressing

NEW

Grab your meal kit with this number

9



Eggplant



Nan's Special Seasoning



Slivered Almonds



Garlic



Radish



Tomato



Lemon



Mint



Couscous



Vegetable Stock Powder



Garlic Dip



Greek-Style Yoghurt



Mixed Salad Leaves



Diced Bacon



Grated Parmesan Cheese

Prep in: 15-25 mins  
Ready in: 30-40 mins

Calorie Smart

Tonight's salad is hearty and flavourful, with fluffy couscous, roasted eggplant and mint all tossed together. We'll mix up a garlicky yoghurt dressing as well for extra pizzazz - drizzle it all over for an extra touch of creamy tartness, and sprinkle over some almonds for that much-needed crunch!

**Pantry items**

Olive Oil, Honey

## 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
eggplant	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
slivered almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
radish	1	2
tomato	1	2
lemon	½	1
mint	1 large packet	1 large packet
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
garlic dip	1 large packet	2 large packets
Greek-style yoghurt	1 medium packet	2 medium packets
honey*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1886kJ (450Cal)	514kJ (122Cal)
Protein (g)	15.7g	4.3g
Fat, total (g)	18.4g	5g
- saturated (g)	2.3g	0.6g
Carbohydrate (g)	51g	13.9g
- sugars (g)	13.1g	3.6g
Sodium (mg)	953mg	260mg
Dietary Fibre (g)	8.9g	2.4g

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

2025 | CW01



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## Roast the eggplant

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Cut **eggplant** into 1cm chunks.
- Place on a lined oven tray. Sprinkle over **Nan's special seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**. In the **last 5 minutes** of cook time, add **slivered almonds** to one side of the tray. Toast until golden.

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## Bring it all together

- Meanwhile, in a small bowl, combine **garlic dip**, **Greek-style yoghurt** and a splash of **water**. Season to taste and set aside.
- When the **eggplant** is done, add the **honey** and toss to combine.
- Add **garlic oil**, **radish**, **tomato**, **mint**, **mixed salad leaves** and a squeeze of **lemon juice** to the **couscous**. Toss to combine and season to taste.

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## Get prepped

- Meanwhile, finely chop **garlic**. Thinly slice **radish**. Slice **tomato**, Slice **lemon** into wedges. Pick and thinly slice **mint leaves**.
- To a small microwave-safe bowl, add **garlic** and a drizzle of **olive oil** and microwave in **10 second** bursts, until fragrant.
- To a large bowl, add **couscous** and **vegetable stock powder**.
- Add the **boiling water** (**¾ cup for 2 people / 1½ cups for 4 people**) and stir to combine. Immediately cover with plate and leave for **5 minutes**.
- Fluff up with fork and set aside.

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## Finish & serve

- Divide mint couscous between bowls.
- Top with smokey roast eggplant.
- Drizzle over garlic yoghurt dressing and garnish with toasted almonds.
- Serve with any remaining lemon wedges. Enjoy!

## CUSTOM OPTIONS

### + ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

### + ADD GRATED PARMESAN CHEESE

Sprinkle over before serving.

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

