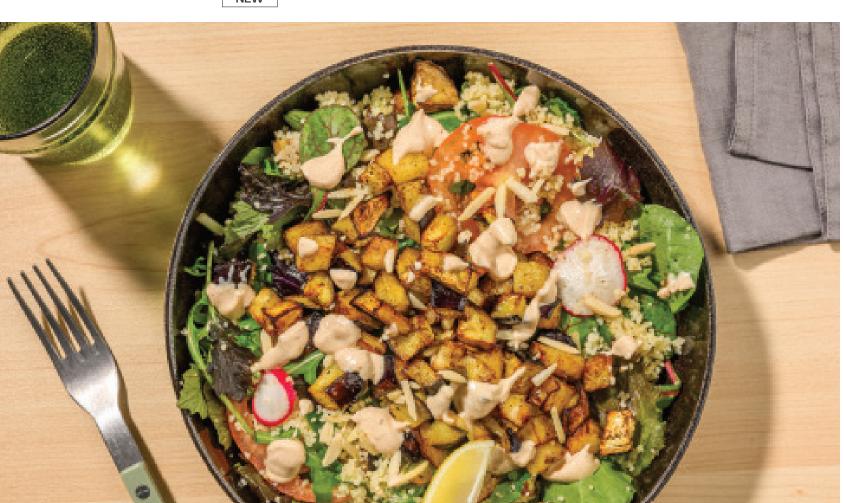
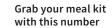


Smokey Eggplant Salad & Mint Couscous with Slivered Almonds & Garlic Yoghurt Dressing

NEW















Nan's Special Seasoning





Slivered Almonds







Radish













Garlic Dip





Mixed Salad Leaves





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



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

in ign concrite			
	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	1/2	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*	3/4 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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 (% 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.



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.



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!



