

Easy Mediterranean Eggplant Soup

with Crumbly Cheese & Toasted Almonds

Grab your Meal Kit with this symbol



Eggplant



Courgette



Cherry Tomatoes



Flaked Almonds



Garlic



Silverbeet



Tomato Paste



Garlic & Herb Seasoning



Vegetable Stock Powder





Greek Salad Cheese/
Feta Cheese



Chilli Flakes
(Optional)

 Hands-on: **10-20 mins**
Ready in: **30-40 mins**

 Spicy (optional chilli flakes)

 Carb Smart

Settle in for a cosy night with this hearty (and low-carb) roasted eggplant and cherry tomato soup. Full of colourful veggies and classic Mediterranean flavours, the meal gets an extra boost with addictive morsels of crumbled Greek-style cheese.

Pantry items

Olive Oil, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
courgette	1	2
cherry tomatoes	1 punnet	1 punnet
flaked almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
silverbeet	1 packet	1 packet
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
water*	1½ cups	3 cups
vegetable stock powder	1 packet (5g)	1 packet (10g)
brown sugar*	1 tsp	2 tsp
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	858kJ (205Cal)	223kJ (53Cal)
Protein (g)	10.3g	2.7g
Fat, total (g)	8.9g	2.3g
- saturated (g)	4g	1g
Carbohydrate (g)	17.6g	4.6g
- sugars (g)	13.7g	3.6g
Sodium (mg)	1651mg	430mg
Dietary Fibre (g)	7.7g	2g

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2021 | CW26



Roast the veggies

- Preheat oven to **240°C/200°C fan-forced**. Cut **eggplant** and **courgette** into bite-sized chunks.
- Place **eggplant**, **courgette** and **cherry tomatoes** on a lined oven tray with **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people). Season with **salt** and toss to coat.
- Roast until tender, **15-20 minutes**. In the last **3-4 minutes** of cook time, add **flaked almonds** to the side of the tray and toast until golden.

TIP: Adding enough oil will ensure the eggplant softens in time.



Cook the soup

- When the veggies have **5 minutes** cook time remaining, heat a medium saucepan over a medium-high heat with a drizzle of **olive oil**.
- Cook **tomato paste**, **garlic & herb seasoning** and **garlic**, stirring, until fragrant, **30 seconds**. Add **water**, **vegetable stock powder** and **brown sugar**, then bring to a simmer and cook until reduced, **2-4 minutes**.
- Add roasted **veggies** and **silverbeet** and cook until wilted, **2-3 minutes**. Season to taste.



Get prepped

- While the veggies are roasting, finely chop **garlic**. Finely chop **silverbeet**.



Serve up

- Divide Mediterranean eggplant soup between bowls.
- Crumble over **cheese**. Top with toasted almonds and a pinch of **chilli flakes** (if using).

Enjoy!