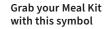


# Easy Mediterranean Eggplant Soup with Crumbly Cheese & Toasted Almonds























Tomato Paste





Vegetable Stock



Seasoning

Greek Salad Cheese/ Feta Cheese



(Optional)



Olive Oil, Brown Sugar

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





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.

### 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

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	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)	<b>1 packet</b> (100g)	
chilli flakes (optional)	pinch	pinch	

<sup>\*</sup>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.



### 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!