



Garlic & Herb Roasted Eggplant

with Plant-Based Basil Pesto, Aioli & Israeli Couscous

Grab your Meal Kit with this symbol



Red Onion



Carrot



Beetroot



Italian Herbs



Eggplant



Garlic & Herb Seasoning



Israeli Couscous



Vegetable Stock Powder



Flaked Almonds



Plant-Based Basil Pesto



Baby Spinach Leaves



Plant-Based Aioli

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

Plant Based

This dish is packed with deep, earthy elements that are both pleasantly nutritious and satisfying. Eggplant gets roasted with herbs until delicately fragrant and tender, then pile it onto a hearty bed of pesto infused Israeli couscous and root veggies. This is plant-based bliss from start to finish.

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

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

Two oven trays lined with baking paper ·
Medium saucepan · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
carrot	1	2
beetroot	1	2
Italian herbs	½ sachet	1 sachet
eggplant	1	2
garlic & herb seasoning	1 sachet	1 sachet
Israeli couscous	1 packet	2 packets
plant-based butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
water*	1 ¼ cups	2 ½ cups
flaked almonds	1 packet	2 packets
plant-based basil pesto	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
plant-based aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2739kJ (654Cal)	624kJ (149Cal)
Protein (g)	14.1g	3.2g
Fat, total (g)	37.9g	8.6g
- saturated (g)	7.5g	1.7g
Carbohydrate (g)	62.3g	14.2g
- sugars (g)	19.5g	4.4g
Sodium (mg)	1286mg	293mg

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 the oven to **240°C/220°C fan-forced**. Cut the **red onion** and **carrot** into bite-sized chunks. Cut **beetroot** into small chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and sprinkle over the **Italian herbs** (see ingredients). Season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



Toast the almonds

While the couscous is cooking, heat a medium frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**.



Roast the eggplant

Cut the **eggplant** lengthways into quarters, then place on a second lined oven tray. Drizzle with **olive oil** (1/4 cup for 2 people / 1/2 for 4 people). Sprinkle over the **garlic & herb seasoning** and toss to coat. Roast until tender, **20-25 minutes**.



Bring it all together

Spoon the **plant-based basil pesto** over the **roasted eggplant**. Set aside. Add the **roasted veggies**, **baby spinach leaves** and a drizzle of **white wine vinegar** to the **couscous**. Season to taste and toss to combine.



Cook the couscous

While the veggies are roasting, heat a medium saucepan over a medium-high heat with a drizzle of **olive oil**. Toast the **Israeli couscous**, stirring, until golden, **1-2 minutes**. Add the **plant-based butter**, **vegetable stock powder** and the **water**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and water has absorbed, **10-12 minutes**. Remove from the heat and set aside. Cover to keep warm.



Serve up

Divide the veggie Israeli couscous between plates. Top with the garlic and herb roasted eggplant. Drizzle over the **plant-based aioli**. Garnish with the toasted almonds to serve.

Enjoy!