



# Garlic & Herb Roasted Eggplant

with Plant-Based Basil Pesto & Israeli Couscous

EXPLORER

Grab your Meal Kit with this symbol



Onion



Carrot



White Turnip



Italian Herbs



Eggplant



Garlic & Herb Seasoning



Israeli Couscous



Vegetable Stock Powder



Flaked Almonds



Plant-Based Basil Pesto



Baby Spinach Leaves



Plant-Based Mayo



Haloumi/  
Grill Cheese

Prep in: 20-30 mins  
Ready in: 30-40 mins



Calorie Smart\*

\*Custom Recipe is not Calorie Smart



Plant Based\*

\*Custom Recipe is not 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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	1 (medium)	1 (large)
carrot	1	2
white turnip	1	2
Italian herbs	½ sachet	1 sachet
eggplant	1	2
garlic & herb seasoning	1 sachet	1 sachet
Israeli couscous	1 packet	2 packets
<b>plant-based butter*</b>	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	1½ cups	2½ cups
flaked almonds	1 packet	2 packets
plant-based basil pesto	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
plant-based mayo	1 medium packet	1 large packet
haloumi/grill cheese**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2678kJ (640Cal)	627kJ (150Cal)
Protein (g)	13.3g	3.1g
Fat, total (g)	39.7g	9.3g
- saturated (g)	8.3g	1.9g
Carbohydrate (g)	56g	13.1g
- sugars (g)	12.4g	2.9g
Sodium (mg)	1260mg	295mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3923kJ (938Cal)	759kJ (181Cal)
Protein (g)	35.3g	6.8g
Fat, total (g)	62.3g	12.1g
- saturated (g)	21.9g	4.2g
Carbohydrate (g)	58.2g	11.3g
- sugars (g)	14.6g	2.8g
Sodium (mg)	1980mg	383mg

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



2023 | CW20

1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **onion** and **carrot** into bite-sized chunks. Peel **white turnip** and cut into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and sprinkle over **Italian herbs** (see **ingredients**). Season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

4



## Toast the almonds

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

**Custom Recipe:** If you added haloumi to your meal, cut haloumi into 1cm-thick slices.

2



## Roast the eggplant

- Cut **eggplant** into quarters lengthways, then deeply score the flesh to make a criss-cross pattern.
- Place **eggplant** in a microwave-safe bowl and cover with a damp paper towel. Microwave until softened, **3-4 minutes**.
- Transfer **eggplant** to a second lined oven tray.
- Drizzle generously with **olive oil** and sprinkle over **garlic & herb seasoning**. Toss to coat and roast until tender, **15-18 minutes**.

5



## Bring it all together

- When the **eggplant** is done, spoon **plant-based basil pesto** over the roasted eggplant. Set aside.
- To the **couscous** in saucepan, add the roasted **onion, carrot** and **turnip**, the **baby spinach leaves** and a drizzle of **white wine vinegar**. Season to taste and toss to combine.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi, until golden brown, 1-2 minutes each side.

3



## Cook the couscous

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

6



## Serve up

- Divide veggie Israeli couscous between bowls. Top with garlic and herb roasted eggplant.
- Drizzle over **plant-based mayo**. Garnish with toasted almonds to serve. Enjoy!

**Custom Recipe:** Top with haloumi.

## Rate your recipe

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