



Everything  
But The Chef

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## Marrakesh Eggplant

Both eggplants and couscous are thirsty little things – they’re just waiting for a delicious flavour profile that they can suck up and bring to life! This Marrakesh inspired medley is enlivened with a myriad of North African flavours – you’ll be transported to a bazaar from the first bite.



Prep: 5 mins

Cook: 30 mins

Total: 35 mins



level 1



veggie



4 pantry items



Red Onion



Garlic



Eggplant



Cumin



Tomato



Couscous



Chickpeas



Coriander



Lemon



Yoghurt

| 2P      | 4P      | Ingredients                       |
|---------|---------|-----------------------------------|
| 3 tbs   | 6 tbs   | olive oil *                       |
| 1/2     | 1       | red onion, diced ⊕                |
| 2       | 4       | garlic cloves, peeled & crushed ⊕ |
| 1       | 2       | eggplant, thinly sliced           |
| 1/2 tsp | 1 tsp   | HelloFresh cumin                  |
| 2       | 4       | tomatoes, diced                   |
| 1 tin   | 2 tins  | chickpeas, drained & rinsed       |
| 2 tbs   | 4 tbs   | red wine vinegar *                |
| 1/4 cup | 1/2 cup | white wine *                      |
| 150 g   | 300 g   | couscous                          |
| 150 ml  | 300 ml  | boiling water *                   |
| 1 tub   | 2 tubs  | yoghurt                           |
| 1 tbs   | 2 tbs   | coriander, chopped ⊕              |
| 1       | 2       | lemon, juiced                     |

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

|              |      |    |
|--------------|------|----|
| Energy       | 2000 | Kj |
| Protein      | 23.9 | g  |
| Fat, total   | 6    | g  |
| -saturated   | 0.9  | g  |
| Carbohydrate | 68.2 | g  |
| -sugars      | 21   | g  |

#### Measuretool

|      |      |      |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
|      |      |      |



**1** In a large pan heat the **olive oil** over a medium-high heat. Add the **red onion** and the **garlic** and cook for **2 minutes**, being careful not to burn the garlic. Add the **eggplant** to the pan and cook for **5 minutes** on each side until golden and soft - you may need to add extra olive oil because of how thirsty eggplant tends to be!



**2** Add the **cumin** to the pan and stir for **1 minute** or until fragrant. Now add the **tomatoes**, **chickpeas**, **red wine vinegar**, and the **white wine**, cover the pot with a lid and cook for **10 minutes** or until the tomatoes have softened and everything has fused together. Season with **salt** and **pepper** along the way.



**3** Place the **couscous** in a bowl and pour the **boiling water** over the couscous, stir with a fork, and then cover the bowl tightly with cling wrap, leave to sit for **5 minutes**. Remove wrap and then begin to fluff the couscous with a fork. Season well with salt and pepper.



**4** Divide the couscous and eggplant braise between bowls, top with a dollop of **yoghurt** and then garnish with a good sprinkle of fresh **coriander** and some **lemon juice** for a nice fresh taste. Enjoy!

**Did you know?** Cumin was once used as a substitute for pricey pepper.