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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



pantry items



Red Onion





Garlic









Chickpeas



Eggplant



Coriander



Cumin



Lemon



Tomato



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

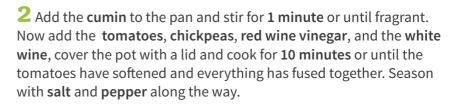
Energy	2000	Kj
Protein	23.9	g
Fat, total	6	g
-saturated	0.9	g
Carbohydrate	68.2	g
-sugars	21	g

Measuretool

cm	1cm	2 cm

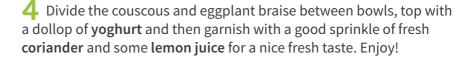


In a large pan heat the olive oil over a medium-high heat. Add the red onion and the garlic and cook for 2 minutes, being careful not to burn the garlic. Add the eggplant to the pan and cook for 5 minutes on each side until golden and soft - you may need to add extra olive oil because of how thirsty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





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.







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