


Harissa & Honey-Glazed Eggplant

with Greek-Style Salad & Pistachios

Grab your Meal Kit with this symbol 



Eggplant



Potato



Harissa Paste



Vegetable Stock Powder



Dried Oregano



Garlic



Greek-Style Yoghurt



Tomato



Cucumber



Balsamic Glaze



Cos Lettuce Leaves



Fetta Cubes



Pistachios

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: 20-30 mins
 Ready in: 35-45 mins
 Naturally Gluten-Free
Not suitable for coeliacs

 Calorie Smart

When you slather eggplant with harissa paste and honey and pop it in the oven, it transforms into a melt-in-your-mouth veggie that deserves centrestage on your plate. Serve with oregano potatoes and a fetta-adorned salad, plus a creamy garlic yoghurt and sprinkle of pistachios for the finishing touch.

Pantry items

Olive Oil, Honey

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
potato	2	4
harissa paste	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
honey*	1 tbs	2 tbs
dried oregano	1 sachet	2 sachets
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
tomato	1	2
cucumber	1	2
balsamic glaze	½ bottle	1 bottle
cos lettuce leaves	1 small bag	1 medium bag
fetta cubes	1 small packet	1 medium packet
pistachios	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1702kJ (407Cal)	328kJ (78Cal)
Protein (g)	14.2g	2.7g
Fat, total (g)	13.8g	2.7g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	51g	9.8g
- sugars (g)	22.5g	9.8g
Sodium (mg)	819mg	158mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **eggplant** into quarters, lengthways (you should get two thin slices per person). Cut the **potato** into bite-sized chunks. In a small bowl, combine the **harissa paste**, **vegetable stock powder**, **honey** and a drizzle of **olive oil**. Season with **salt** and **pepper**.



Roast the veggies

Place the **eggplant** on a lined oven tray, skin-side down. Brush the **harissa mixture** over the cut sides of the **eggplant**. Place the **potato** on a second lined oven tray. Drizzle the **potato** with **olive oil**, sprinkle with the **dried oregano** and season with **salt**. Toss to coat. Roast both veggie trays until tender, **20-25 minutes**.



Make the garlic yoghurt

While the veggies are roasting, finely chop the **garlic**. In a medium frying pan, heat a drizzle of **olive oil** and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek-style yoghurt** to the **garlic oil mixture**. Stir to combine. Season to taste.



Prep the salad

Roughly chop the **tomato** and **cucumber**, then set aside. In a medium bowl, combine the **balsamic glaze** and a drizzle of **olive oil**. Season to taste.



Toss the salad

To the bowl with the dressing, add the **cos lettuce leaves**, **fetta cubes**, **tomato** and **cucumber**. Toss to coat.



Serve up

Roughly chop the **pistachios**. Divide the harissa and honey-glazed eggplant, the oregano potatoes and Greek-style salad between plates. Top the eggplant with a dollop of garlic yoghurt. Sprinkle over the pistachios to serve.

Enjoy!

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