Middle Eastern-inspired Aubergine

with homemade muhammara

Veggie 40-45 mins • Optional spice

7

Aubergine

Bell Pepper

Middle Eastern Style Spice Mix

Garlic

Flatbread

Bulgur Wheat

Chilli

Lemon

Parsley

Walnuts

Vegetable Stock

Yoghurt

Pantry Items: Oil, Salt, Pepper, Sugar, Water

Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, blender, pot with lid, zester

Ingredients

	2P	4P
Aubergine	1 unit	2 units
Bell Pepper	1 unit	2 units
Middle Eastern Style Spice Mix	2 sachets	4 sachets
Garlic	2 units	4 units
Flatbread	2 units	4 units
Bulgur Wheat	120 g	240 g
Chilli	1 unit	2 units
Lemon	1 unit	2 units
Parsley	5 g	10 g
Walnuts	20 g	40 g
Vegetable Stock	2 sachets	4 sachets
Yoghurt	75 g	150 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	**463 g**	**100 g**
Energy (kJ/kcal)	2661 kJ/ 636 kcal	574.7 kJ/ 137.4 kcal
Fat (g)	12.3 g	2.7 g
Sat. Fat (g)	2.2 g	0.5 g
Carbohydrate (g)	114.2 g	24.7 g
Sugars (g)	16 g	3.5 g
Protein (g)	23.6 g	5.1 g
Salt (g)	3.1 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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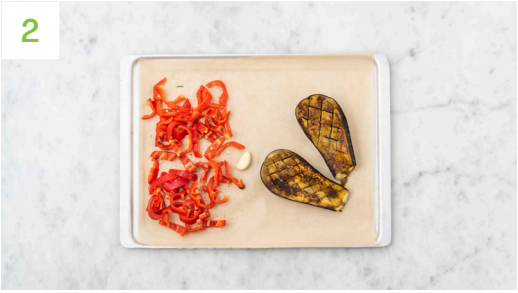
1

Fry the Aubergine

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **aubergine** lengthways. Score a diamond pattern into the flesh of each **half**, taking care not to cut too deeply.
- Place a pan over high heat with a drizzle of **oil**.
- Place the **aubergine** skin-side down in the pan and fry for 2 mins. Lower the heat, turn the **aubergine** over and cook for another 5 mins.
- Halve the **bell pepper** lengthways. Deseed and slice into strips.

2



Roast the Aubergine

- Meanwhile, in a small bowl mix ½ tbsp **oil** (double for 4p) with **half** the **Middle Eastern spice**.
- Place the **aubergine** skin-side down on a lined baking tray and drizzle with the spiced **oil**.
- Place the **pepper** and **garlic** on the baking tray alongside the **aubergine**.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Roast on the top shelf of the oven until tender, 15-18 mins. Once cooked, remove from the oven and cover to keep warm.

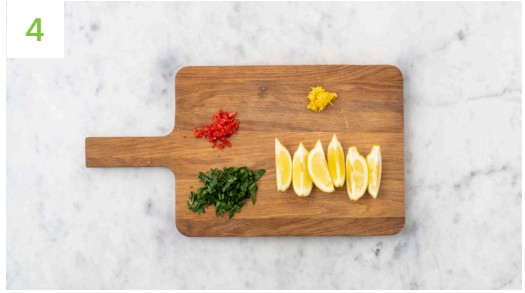
3

Make the Bulgur

- Meanwhile, pour 240ml **water** (double for 4p) into a pot, stir in the **stock powder** and bring to the boil.
- Stir in the **bulgur**, bring back to the boil and simmer for 1 min.
- Pop a lid on the pot and remove from the heat.
- Leave aside for 12-15 mins or until ready to serve.

TIP: *If you're in a hurry you can boil the water in your kettle.*

4



Prep the Veg

- Deseed the **chilli** and finely chop.
- Zest and chop the **lemon** into thick wedges.
- Roughly chop the **parsley** (stalks and all).
- Squeeze the **garlic** from its skin.
- Pop the **flatbread** into the oven to warm through, 2-3 mins.

5

Make the Muhammara

- Add the **walnuts**, **garlic**, **chilli** (use less if you don't like spice) and **half** the **bell pepper** to a blender or food processor.
- Add ½ tbsp **oil**, 1 tsp **sugar** (double both for 4p) and remaining **Middle Eastern spice**.
- Puree until the consistency is that of a thick, smooth paste.
- Squeeze in the juice of **half** the **lemon** wedges.
- Season to taste with **salt** and **pepper**.

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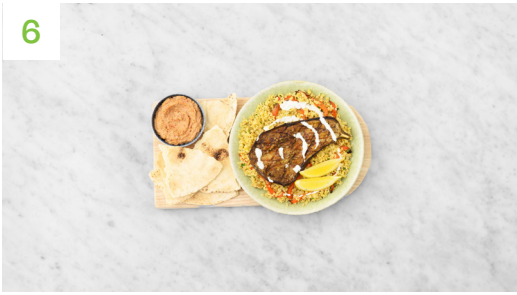

Garnish and Serve

- Mix the remaining **bell pepper** through the **bulgur**, along with the **parsley** and **lemon** zest, fluffing it up as you go.
- Divide the **bulgur** between deep plates or bowls and top with the roasted **aubergine**.
- Serve the homemade muhammara and warm **flatbread** on the side.
- Garnish with remaining **lemon** wedges and a drizzle of **yoghurt**.

Enjoy!