



# Speedy Aubergine Ragout with cannellini beans and Greek style cheese

Veggie Quick Cook 20-25 mins • Spicy

8



Bell Pepper



Aubergine



Couscous



Parsley



Chopped Tomato with Onion & Garlic



Greek Style Cheese



Vegetable Stock



Italian Herbs



Cannellini Beans



Honey



Harissa Spice Mix

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



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## 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, pan with lid, pot with lid, sieve

## Ingredients

|                                    | 2P        | 4P        |
|------------------------------------|-----------|-----------|
| Bell Pepper                        | 1 unit    | 2 units   |
| Aubergine                          | 1 unit    | 2 units   |
| Couscous                           | 100 g     | 250 g     |
| Parsley                            | 5 g       | 10 g      |
| Chopped Tomato with Onion & Garlic | 1 pack    | 2 packs   |
| Greek Style Cheese                 | 100 g     | 200 g     |
| Vegetable Stock                    | 2 sachets | 4 sachets |
| Italian Herbs                      | ½ sachet  | 1 sachet  |
| Cannellini Beans                   | 1 pack    | 2 packs   |
| Honey                              | 1 sachet  | 2 sachets |
| Harissa Spice Mix                  | 1 sachet  | 2 sachets |

## Nutrition

|                          | Per serving            | Per 100g             |
|--------------------------|------------------------|----------------------|
| for uncooked ingredients | 707 g                  | 100 g                |
| Energy (kJ/kcal)         | 2757.3 kJ/<br>659 kcal | 390 kJ/<br>93.2 kcal |
| Fat (g)                  | 16.3 g                 | 2.3 g                |
| Sat. Fat (g)             | 9.8 g                  | 1.4 g                |
| Carbohydrate (g)         | 89 g                   | 12.6 g               |
| Sugars (g)               | 24.1 g                 | 3.4 g                |
| Protein (g)              | 30.9 g                 | 4.4 g                |
| Salt (g)                 | 7.8 g                  | 1.1 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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## Roast the Aubergine

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Trim the **aubergine** and chop into 2cm pieces. Pop onto a large (lined) baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Toss to coat, then spread out in a single layer.
- Roast the **aubergine** until golden brown and soft, 20-25 mins. Turn halfway through.



## Simmer the Stew

- Reduce the heat to medium-high.
- Add **harissa spice, cannellini beans, chopped tomatoes, honey, half the Italian herbs**, ½ tsp **sugar** (double both for 4p), **half the parsley** and remaining **stock powder**.
- Cover and simmer for 8-10 mins.
- Once cooked, stir in the roasted **aubergine** and a knob of **butter**.
- Season to taste with **salt, pepper** and **sugar**. Add a splash of **water** to loosen the sauce if necessary.



## Cook the Couscous

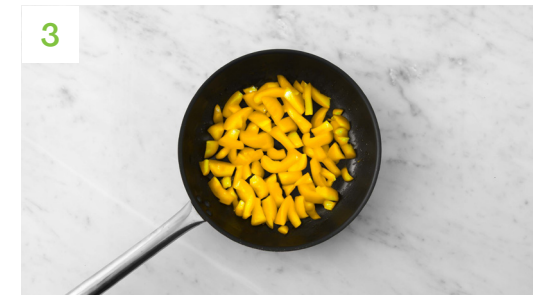
- Meanwhile, pour 200ml **water** (500ml for 4p) into a medium pot with a tight-fitting lid.
- Bring to the boil.
- When boiling, remove the pot from the heat then stir in the **couscous** and **half the stock powder**.
- Pop a lid on the pot.
- Keep covered for 8-10 mins or until ready to serve.

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



## Finishing Touches

- Once everything is ready, fluff up the **couscous** with a fork.
- Crumble the **Greek style cheese** into small pieces.



## Get Prepped

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Drain and rinse the **cannellini beans** in a sieve.
- Roughly chop the **parsley** (stalks and all).
- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **pepper** until charred, 5-7 mins. Season with **salt** and **pepper**.

**TIP:** Stir only every so often so the pepper picks up a nice colour.



## Garnish and Serve

- Serve the stew on a bed of fluffy **couscous**.
- Top with the crumbled **Greek style cheese**.
- Finish with a sprinkling of **parsley** and a pinch of **pepper**.

Enjoy!