

# Spiced Aubergine and Chickpea Hash

with chilli garlic yoghurt and roasted baby potatoes

Veggie Calorie Smart 30 – 35 mins • Spicy

14



Aubergine



Yoghurt



Chickpeas



Garlic



Harissa Spice Mix



Lemon



Mint



Sesame Seeds



Chilli



Baby Potatoes



Cherry Tomatoes

Pantry Items: Oil, Salt, Pepper



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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, grater, sieve, zester

## Ingredients

|                   | 2P        | 4P        |
|-------------------|-----------|-----------|
| Aubergine         | 1 unit    | 2 units   |
| Yoghurt           | 150 g     | 300 g     |
| Chickpeas         | 1 pack    | 2 packs   |
| Garlic            | 1 unit    | 2 units   |
| Harissa Spice Mix | 2 sachets | 4 sachets |
| Lemon             | 1 unit    | 2 units   |
| Mint              | 5 g       | 10 g      |
| Sesame Seeds      | 1 sachet  | 2 sachets |
| Chilli            | 1 unit    | 2 units   |
| Baby Potatoes     | 500 g     | 1000 g    |
| Cherry Tomatoes   | 250 g     | 500 g     |

## Nutrition

|                          | Per serving          | Per 100g               |
|--------------------------|----------------------|------------------------|
| for uncooked ingredients | 833.5 g              | 100 g                  |
| Energy (kJ/kcal)         | 2456 kJ/<br>587 kcal | 294.7 kJ/<br>70.4 kcal |
| Fat (g)                  | 12.1 g               | 1.5 g                  |
| Sat. Fat (g)             | 3.4 g                | 0.4 g                  |
| Carbohydrate (g)         | 88.8 g               | 10.7 g                 |
| Sugars (g)               | 17.6 g               | 2.1 g                  |
| Protein (g)              | 23.9 g               | 2.9 g                  |
| Salt (g)                 | 2.2 g                | 0.3 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.

## Contact

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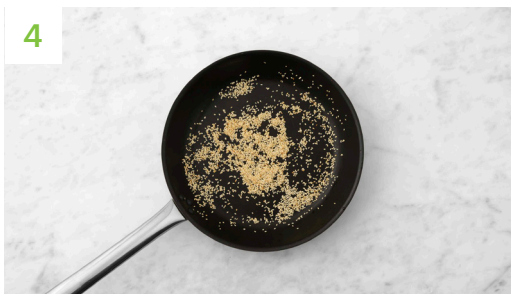
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### Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Drain and rinse the **chickpeas** in a sieve.
- Halve the **potatoes**, quartering any larger pieces. Pop onto a lined baking tray along with the **chickpeas**.
- Toss with **half** the **harissa spice mix, salt, pepper** and a glug of **oil**.
- Roast on the top shelf of the oven until **potatoes** are tender, 25-35 mins.

**TIP:** Use two baking trays if necessary!



### Toast the Sesame Seeds

- Meanwhile, place a pan over medium heat (no oil).
- Once hot, dry-fry the **sesame seeds**, stirring regularly, until lightly toasted, 2-3 mins.
- Remove from the pan and set aside.

**TIP:** Keep an eye on them so they don't burn!



### Bake the Aubergine

- Meanwhile, trim the **aubergine**, then halve lengthways. Chop into 1cm pieces.
- Pop onto a separate lined baking tray.
- Toss with remaining **harissa spice, salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- Roast in the oven until soft and golden, 15-20 mins. Turn the tray halfway through.



### Make the Spicy Yoghurt

- Mix the **yoghurt** with 1 tbsp **oil** (double for 4p).
- Stir in the **garlic**, toasted **sesame seeds**, chopped **chilli** (use less if you don't like spice), **half** the chopped **mint, lemon** zest and a squeeze of **lemon** juice.
- Season to taste with **salt** and **pepper**.



### Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** and discard the core and seeds. Finely chop.
- Pick the **mint** leaves and roughly chop (discard the stalks).
- Zest and quarter the **lemon**.
- Halve the **tomatoes**.



### Garnish and Serve

- Dish up a spoonful of roasted **aubergine, chickpeas** and **potatoes**.
- Scatter over the **cherry tomatoes**.
- Finish with a dollop of spicy **yoghurt** and a sprinkling of chopped **mint**.
- Serve any remaining **lemon** wedges alongside for squeezing over.

Enjoy!