



Spiced Aubergine Couscous Bowl

with cannellini beans and Greek style cheese

20 – 25 mins • Veggie • Spicy

21



Bell Pepper



Aubergine



Couscous



Parsley



Chopped Tomato with Onion & Garlic



Greek Style Cheese



Stock



Italian Herbs



Cannellini Beans



Honey



Harissa Spice Mix

Pantry Items: Sugar, Oil, Salt, Pepper, Water, 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, 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
Stock	1 sachet	2 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	709 g	100 g
Energy (kJ/kcal)	2786.5 kJ/ 666 kcal	393 kJ/ 93.9 kcal
Fat (g)	16.5 g	2.3 g
Sat. Fat (g)	10.1 g	1.4 g
Carbohydrate (g)	89.3 g	12.6 g
Sugars (g)	24.1 g	3.4 g
Protein (g)	30.8 g	4.3 g
Salt (g)	6.9 g	1 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.
- Toss with, **salt, pepper, half the harissa spice** and a drizzle of **oil**. Spread out in a single layer.
- Roast the **aubergine** until golden brown and soft, 20-25 mins. Turn the tray halfway through.



Simmer the Stew

- Reduce the heat of the pan to medium-high.
- Add **cannellini beans, chopped tomatoes, half a sachet of Italian herbs** (per 2P).
- Stir in ½ tsp **sugar** (per 2P), the remaining **harissa spice, half the parsley** and remaining **stock**.
- Cover and simmer for 8-10 mins.



Cook the Couscous

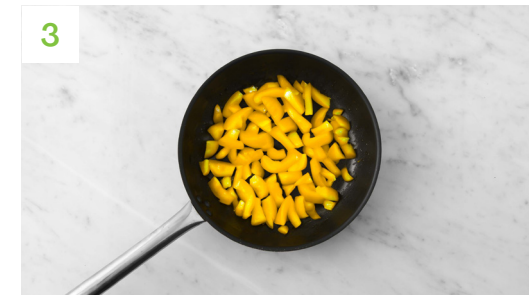
- Pour the **couscous** and **half the stock** into a bowl.
- Stir in 200ml boiling **water** (4P: 500ml | 6P: 600ml).
- Cover with a plate or cling film.
- Leave aside for 10 mins or until ready to serve.

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



Finishing Touches

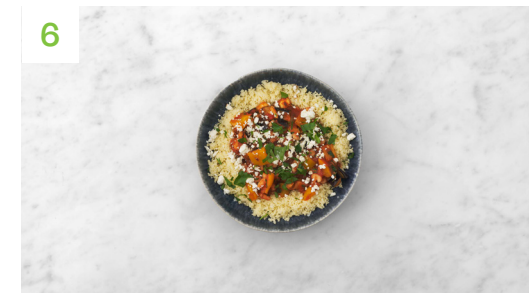
- Once simmered, stir in the roasted **aubergine, honey** and a knob of **butter**.
- Season to taste with **salt, pepper** and **sugar**. Add a splash of **water** to loosen the sauce if necessary.
- Once everything is ready, fluff up the **couscous** with a fork.
- Crumble the **Greek style cheese** into small pieces.



Soften the Pepper

- 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!