



More Than Food

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Greek Ragu with Almond, Aubergine & Basil Couscous

The Ancient Greeks are famed for their spectacular mythology, their Gods and Goddesses and their epic storytelling. But we think their ragu is one of their lesser known treasures. The gentle, warm tang of our tomatoes blends like a charm with flaked almonds and aubergines. And when you add the herby basil couscous into the mix... Well - take our word for it, the whole family will love it!

 35 mins

 veggie



Vegetable Stock Pot



Leek



Garlic Clove



Red Onion



Couscous



Aubergine



Tomato Purée



Tomato Passata



Green Olives



Ground Almonds



Basil



Feta Cheese

Ingredients

	2P	4P
Vegetable Stock Pot 1	½	1
Leek, chopped	1	2
Garlic Clove, diced	2	4
Red Onion, diced	½	1
Couscous 2	¾ cup	1½ cups
Aubergine, chopped	1	2
Tomato Purée	½ tbsp	1 tbsp
Tomato Passata	1½ cartons	3 cartons
Green Olives	2 tbsp	4 tbsp
Ground Almonds 3	2 tbsp	4 tbsp
Basil, chopped	½ bunch	1 bunch
Feta Cheese 4	½ block	1 block

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | **2)** Gluten
3) Nut | **4)** Milk

Nutrition per serving: Calories: 671 kcal | Protein: 27 g | Carbs: 103 g | Fat: 22 g | Saturated Fat: 8 g



1 Pre-heat your oven to 200 degrees and boil 250ml (exactly) of water in a pot. Stir in half the stock pot until it dissolves. Slice the leeks in half lengthways then thinly chop widthways. Peel and finely dice the garlic. Peel and finely dice the red onion.



2 Tip the couscous into the stock, immediately cover with a tight lid and leave off the heat until the recipe is complete.



3 Slice the aubergine in half lengthways. Slice each half lengthways again into at least eight strips. Finely chop the strips widthways before coating in 1 tbsp of olive oil and ¼ tsp of salt. Place on a baking tray on the top shelf of the oven for 20 mins.



4 Heat 2 tsp of olive oil in a frying pan on medium-low heat. Cook the leeks, garlic and onion for around 5 mins until soft. Add in the tomato purée, tomato passata and 1 tsp of sugar (if you have some). Finally add ¼ tsp of salt,

the pitted olives and a few grinds of pepper.

5 Once the aubergine is cooked add it to your tomato ragu. Stir the ground almonds into the sauce as well.

6 Finely chop the basil and mix this into the couscous. **Tip:** *To break up and separate the couscous use a fork.*

7 Serve your couscous with the tomato ragu on the side, crumble the feta on top with your hands and garnish with a bit more basil.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!