



ALMOND & AUBERGINE STEW

with Basil Couscous



HELLO ALMONDS

California produces more than half of the world's supply of almonds!



Water



Vegetable Stock Pot



Leek



Garlic Clove



Red Onion



Couscous



Aubergine



Tomato Purée



Tomato Passata



Green Olives



Ground Almonds



Basil



Feta Cheese

MEAL BAG

35 mins

5 of your 5 a day

Veggie

Using nuts to thicken a sauce is a great trick to learn. It works for dishes from all around the world - Indian curries, Spanish soups, South American stews and many more. We're using almonds today to give a creamy texture and subtle flavour to this Greek-inspired stew. Served over herb-flecked couscous and topped with feta, you'd have to be nuts not to give it a go!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Fine Grater** (or **Garlic Press**), some **Baking Paper**, a **Baking Tray** and **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 200°C. Pour the **water** (amount specified in the ingredient list) into a large saucepan, bring to the boil on medium heat. Add the **vegetable stock pot** and stir to dissolve. While it comes to the boil, remove the root and dark green top from the **leek**, halve lengthways and slice into thin half moons. Peel and grate the **garlic** (or use a garlic press). Halve, peel and finely chop the **red onion** into ½cm pieces.



2 ROAST THE AUBERGINE

Once your pan of **stock** is boiling, add the **couscous**, stir, remove from the heat and cover with a lid. Set it aside until everything else is ready. Remove the stalk top from the **aubergine**, halve lengthways and chop into 1cm pieces. Place on a lined baking tray, drizzle over some **oil** and season with a pinch of **salt**. Toss to coat, then spread out evenly and roast on the top shelf of your oven until soft and brown, 20-25 mins.



3 START THE STEW

Heat a splash of **oil** in a frying pan on medium-low heat. Add the **leek**, **garlic** and **onion**. Cook until soft, about 5 mins. Stir in the **tomato purée** and **tomato passata**. Continue to cook on low heat until the stew begins to thicken, 5-10 mins.



4 ADD THE AUBERGINE

Add the **green olives**, a pinch of **salt** and a few grinds of **black pepper** to the stew. Once the **aubergine** is cooked, add that in too, along with the **ground almonds**.



5 FINISH THE COUSCOUS

Pick the **basil leaves** from their stalks and finely chop (discard the stalks). Take the lid off the **couscous** and fluff it up with a fork. Stir through **three-quarters** of the **basil**.



6 SERVE AND ENJOY!

Serve the **basil couscous** with the **almond** and **aubergine stew** on top. Crumble over the **feta cheese** and sprinkle on the remaining **basil**. **Dinner time!**

2 PEOPLE INGREDIENTS

Water*	300ml
Vegetable Stock Pot 10) 14)	½
Leek, sliced	1
Garlic Clove, grated	2
Red Onion, chopped	1
Couscous 13)	150g
Aubergine, chopped	1
Tomato Purée	15g
Tomato Passata	1½ cartons
Green Olives	30g
Ground Almonds 2)	15g
Basil, chopped	½ bunch
Feta Cheese, crumbled 7)	½ block

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	539	94
(kJ)	2275	395
Fat (g)	15	3
Sat. Fat (g)	5	1
Carbohydrate (g)	78	13
Sugars (g)	20	4
Protein (g)	22	4
Salt (g)	2.92	0.51

ALLERGENS

2) Nut 7) Milk 10) Celery 13) Gluten 14) Sulphites

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains sulphites], Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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