



Middle Eastern Style Aubergine & Pepper Harissa Tacos with Feta and Wedges

N° 24

CLASSIC 30 Minutes • Little Heat • 2.5 of your 5 a day • Veggie



Aubergine



Red Pepper



Ground Cumin



Potato



Mixed Beans



Mint



Garlic Clove



Tomato Purée



Vegetable Stock Powder



Harissa Paste



Natural Yoghurt



Feta Cheese



Soft Shell Tacos

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Two Baking Trays, Colander, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Red Pepper**	1	1	2
Ground Cumin	1 small pot	1 large pot	1 large pot
Potato**	1 small pack	1 large pack	2 small packs
Mixed Beans	1 carton	1½ cartons	2 cartons
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Tomato Purée	1 sachet	2 sachets	2 sachets
Water for the Beans*	100ml	150ml	200ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Harissa Paste	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7)**	75g	100g	150g
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Soft Shell Tacos 13)	6	9	12

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	815g	100g
Energy (kJ/kcal)	3625 /867	445 /106
Fat (g)	26	3
Sat. Fat (g)	12	1
Carbohydrate (g)	119	15
Sugars (g)	19	2
Protein (g)	34	4
Salt (g)	3.35	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Take a look at your ingredient packaging for further information on allergens and traces of allergens!

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

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1. Get Prepped

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve the strips widthways. Pop the **aubergine** and **pepper** on a large baking tray, nicely spread out. Drizzle with **oil** and sprinkle over the **ground cumin**. Season with **salt** and **pepper**, then toss to coat. Set aside.



4. Make the Beans

While everything cooks, heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **tomato purée** and the **garlic** and fry until fragrant, 1 minute. Pour in the **water** (see ingredients for amount), **veg stock powder**, **mixed beans** (both whole and crushed) and the **harissa paste** (add less if you don't like heat). Season with **salt** and **pepper**, bring to the boil and simmer until thickened, 5-7 mins.



2. Roast the Wedges

Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out. Pop the **aubergine** and **pepper** on the middle shelf to roast until golden and tender, 25-30 mins. Turn both halfway through cooking.



5. Yoghurt Time!

Meanwhile pop the **yoghurt** in a small bowl and add the **mint**. Season with **salt** and **pepper**, stir together and set aside. Crumble the **feta** into small pieces. Pop the **tacos** in the oven to warm through for the last 2 mins of wedge cooking time. Once cooked, taste the **beans** and add **salt** and **pepper** if you feel it needs it. **TIP:** Add a splash of water if they've dried out too much.



3. Finish the Prep

Meanwhile, drain and rinse the **mixed beans** in a colander, put **half** of them in a bowl and mash with a fork until broken up. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press).



6. Assemble!

Put a dollop of **yoghurt** on the base of each **taco** and spread it out. Top with the **harissa beans**, a handful of **aubergine** and **pepper** and the **feta**. Serve the **wedges** and any remaining **yoghurt** on the side to dip them in.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.