



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

35 mins

3.5 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**), **Baking Tray** and **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 200°C. Put the **water** (amount specified in the ingredient list) on to boil in a large saucepan on medium heat. Add the **vegetable stock pot** and stir to dissolve. Remove the root and dark green tops from the **leek**, cut in half lengthways and thinly slice into 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

Add the **couscous** to your pan of **stock**, remove from the heat and pop on a lid. Set it aside until everything else is ready. Halve the **aubergine** lengthways and chop into 1cm pieces. Put on a baking tray, drizzle over some **olive 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 mins.



3 START THE STEW

Put a splash of **olive 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** and 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 **couscous** with the **aubergine stew** on top. Crumble over the **feta** and sprinkle on the remaining **basil**. **Dinner time!**

2 PEOPLE INGREDIENTS

Water*	250ml
Vegetable Stock Pot 9) 12)	½
Leek, sliced	1
Garlic Clove, grated	2
Red Onion, chopped	½
Couscous 1)	150g
Aubergine, chopped	1
Tomato Purée	15g
Tomato Passata	1½ cartons
Green Olives	30g
Ground Almonds 8)	15g
Basil, chopped	½ bunch
Feta Cheese, crumbled 7)	½ block

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	528	97
(kJ)	2226	410
Fat (g)	15	3
Sat. Fat (g)	5	1
Carbohydrate (g)	75	14
Sugars (g)	18	3
Protein (g)	21	4
Salt (g)	2.92	0.54

ALLERGENS

1)Gluten 7)Milk 8)Nuts 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: 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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