



Baharat Roasted Butternut and Aubergine on Flatbreads with Fig Jam, Rocket and Feta

Classic 40 Minutes • Little Spice • 2 of your 5 a day • Veggie

20



Butternut Squash



Aubergine



Baharat Spice



Red Onion



Feta Cheese



Flatbreads



Fig Jam



Rocket

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife and Baking Trays.

Ingredients

	2P	3P	4P
Butternut Squash**	1	1	1
Aubergine**	1	1	2
Baharat Spice	1 pot	1 pot	1 pot
Red Onion**	1	2	2
Feta Cheese 7)**	100g	150g	200g
Flatbread 7) 13)	4	6	8
Fig Jam	1 sachet	2 sachets	2 sachets
Rocket**	40g	40g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	699g	100g
Energy (kJ/kcal)	3062/732	438/105
Fat (g)	20	3
Sat. Fat (g)	10	1
Carbohydrate (g)	100	14
Sugars (g)	31	4
Protein (g)	32	5
Salt (g)	2.55	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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1



Get Started

Preheat your oven to 200°C. Trim the **butternut squash** then halve lengthways and scoop out the **seeds**. Chop it widthways into 2cm slices, then chop into 2cm chunks (no need to peel). Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces.

2



Start Roasting

Pop the **aubergine** and **butternut** onto a large roasting tray, drizzle with **oil** and sprinkle over the **baharat spice**. Season with **salt** and **pepper**. Toss to coat, then arrange in a single layer. **TIP:** You may need to use two roasting trays, you want everything nicely spaced out. Roast until golden brown and cooked through, 30-35 mins, turning halfway.

3



Finish the Prep

Halve, peel and cut the **red onion** into 2cm wide **wedges**. When you turn the **roasting vegetables**, add the **onion wedges** and stir through. Return to the oven for the remaining cooking time.

4



Finish the Prep

Meanwhile, crumble the **feta** into small chunks. Pop the **flatbreads** onto a baking tray and drizzle with **olive oil**.

5



Finish Up

About 5 minutes before the **vegetables** are done, add the **fig jam** to them and carefully mix well to coat all the **veggies**. Return to the oven and pop the **flatbreads** on the middle shelf to warm through, for a further 4-5 mins.

6



Serve

Divide the **flatbreads** between plates and top with the **roasted vegetables**. Top with the **rocket** and **crumbled feta** with a drizzle of **olive oil** over the top.

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.