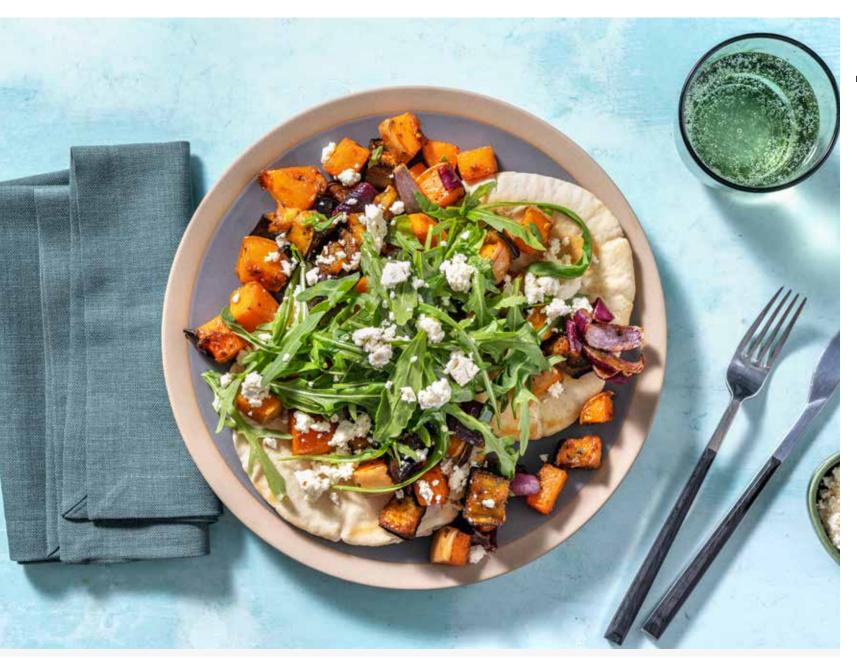


Baharat Roasted Butternut and Aubergine on Flatbreads with Fig Jam, Rocket and Feta

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





Butternut Squash





Baharat Spice





Feta Cheese



Red Onion





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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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.



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.



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.



Finish the Prep

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



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.



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.

