



SPICED AUBERGINE & MUSHROOM STEW

with Couscous, Feta and Courgette Salad



HELLO AUBERGINE

Botanically, Aubergine is a Berry- however, culinary it is a vegetable! It is a species of nightshade and is closely related to the tomato and potato.



Aubergine



Red Onion



Closed Cup Mushrooms



Garlic Clove



Lemon



Feta Cheese



Courgette



Vegetable Stock Powder



Couscous



Chermoula Spice Blend



Tomato Passata

MEAL BAG 5

40 mins

5 of your 5 a day

Medium heat

Veggie

A stew might not be the first recipe that pops to mind when searching for a speedy midweek meal as there's the idea that, for optimum flavour, it should sit bubbling on the stove for hours and hours. However, this recipe proves you can have a flavourful stew cooked well under an hour. The tender roasted aubergine acts like a sponge in this recipe, soaking up the lemony mixture of spices, garlic and fresh herbs that make up chermoula spice. Mix in mushrooms, passata and stock for a thick stew full of rich, robust flavours.

BEFORE YOU START

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



1 ROAST THE AUBERGINE

Preheat your oven to 200°C. Trim the **aubergine**, halve lengthways and chop into 2cm wide strips. Chop into 2cm chunks. Put the **aubergine chunks** on a baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat then roast on the top shelf of your oven until golden and tender, 18-20 mins. Turn halfway through cooking. Once cooked, remove from your oven.



2 DO THE PREP

Halve, peel and thinly slice the **red onion**. Thinly slice the **mushrooms**. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**. Squeeze **half the lemon juice** into a large bowl and add the **olive oil** (see ingredients list for amount) and a pinch of **salt**, **pepper** and **sugar**. Mix together. Break the **feta** up into small chunks.



3 SOFTEN THE ONION

Heat a drizzle of **oil** in a large saucepan on medium heat. Once the **oil** is hot, add the **red onion** and fry until softened, 5 mins. While the **onion** softens, trim the **courgette**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **courgette**. Stop when you get to the spongy centre and discard. Pop the **courgette ribbons** on top of the **dressing** in the bowl, but don't toss together yet.



4 COUSCOUS TIME!

Once soft, remove **half the onion** to a small bowl. Pour the **water** for the couscous (see ingredients for amount) into the pan with the remaining **onion** and stir in **half the stock powder**. Bring to the boil, then remove from the heat and stir in the **couscous**. Cover with a lid and leave to the side until the **couscous** has absorbed the **stock**, 10-15 mins.



5 SIMMER THE STEW

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **mushrooms**, fry until browned, 5-6 mins. Stir occasionally. Once browned, add the **garlic**, **chermoula** and **reserved onion** to the pan. Stir and cook for 1 minute, then pour in the **passata**, remaining **stock powder** and **water** for the stew (see ingredient list for amount). Bring to the boil, reduce the heat to medium, simmer until thickened, 5-6 mins.



6 FINISH AND SERVE

Add the **aubergine** to the **stew** once cooked. Taste and add **salt** and **pepper** if you feel it needs it. Fluff up the **couscous** with a fork and stir in the **lemon zest** and **half the feta**. Spoon the **couscous** into the bowls and top with the **stew**. Sprinkle on the remaining **feta**. Toss the **courgette** with the **dressing** and serve along side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Aubergine *	1	1½	2
Red Onion *	1	1	2
Closed Cup Mushrooms *	1 small punnet	1 large punnet	2 small punnets
Garlic Clove *	1	2	2
Lemon *	½	1	1
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Feta Cheese 7) *	1 block	1½ blocks	2 blocks
Courgette *	½	¾	1
Water for the Couscous*	300ml	450ml	600ml
Vegetable Stock Powder 10)	2 sachets	3 sachets	4 sachets
Couscous 13)	150g	225g	300g
Chermoula Spice Blend	1 small pot	¾ large pot	1 large pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Stew*	100ml	150ml	200ml

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 619G	PER 100G
Energy (kJ/kcal)	2356 / 563	380 / 91
Fat (g)	14	2
Sat. Fat (g)	9	1
Carbohydrate (g)	80	13
Sugars (g)	22	3
Protein (g)	25	4
Salt (g)	3.19	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery 13) Gluten

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.

THUMBS UP OR THUMBS DOWN?

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