



Chermoula Aubergine

with Bulgur Wheat and Pomegranate Salsa



HELLO AUBERGINE

The Greek name for aubergine is 'melitzana' which means 'apple of madness'!



Aubergine



Yellow Pepper



Honey



Chermoula Spice Blend



Echalion Shallot



Garlic Clove



Flat Leaf Parsley



Bulgur Wheat



Vegetable Stock Pot



Cucumber



Mint



Pomegranate Seeds



Sumac

MEAL BAG

40 mins

Medium heat

3.5 of your 5 a day

veggie

A zesty blend of spices, garlic, and herbs, chermoula is a Moroccan spice traditionally used to season fish and meat. But this recipe proves that chermoula also works brilliantly in vegetarian dishes, complementing the sweetness of the honey marinade and the freshness of the cucumber and pomegranate salsa. Regardless of the weather outside, this recipe is guaranteed to take you to the warm, sunny climes of Northern Africa.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Mixing Bowls**, a **Baking Tray**, **Fine Grater** (or **Garlic Press**), **Large Saucepan** (with a **Lid**), and **Measuring Jug**. Now, let's get cooking!



1 START THE PREP

Preheat your oven to 200°C. Cut the **aubergine** in half lengthways, then slice each half into three long strips (three strips per person). Halve, then remove the core from the **pepper** and slice into thin strips. Put **two-thirds** of the **honey** in a mixing bowl with the **chermoula** (add less if you don't love heat!), a good pinch of **salt** and a grind of **pepper**. Add a glug of **olive oil** and mix together with a fork.



2 ROAST THE AUBERGINE

Add the **aubergine strips** to the bowl along with the **pepper**. Use your hands or spoon to coat the **veggies** in the **marinade**. Lightly **oil** a baking tray and lay on the **aubergine** and **pepper strips** in a single layer. Roast on the top shelf of your oven until soft and golden, 25 mins.



3 FINISH THE PREP

Halve, peel and chop the **shallot** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



4 COOK THE BULGUR

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **shallot** and cook until soft, 3-4 mins. Add the **garlic**, cook for 1 minute more, then add the **water** (see ingredients for amount), **bulgur wheat** and **stock pot**. Bring to the boil and stir to dissolve the **stock pot**. Once boiling, place a lid on the pan and remove from the heat. The bulgur will cook and absorb the stock while you get everything else done.



5 MAKE THE SALSA

Halve the **cucumber** lengthways, remove the seeds with a spoon and discard. Cut into 1cm wide strips, then chop into 1cm chunks. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Pop the **cucumber** into another mixing bowl. Add the **pomegranate seeds**, **mint**, **sumac**, remaining **honey** and the **olive oil** (see ingredients for amount). Season with **pepper** and mix well.



6 SERVE

When the **bulgur wheat** is ready, fluff it up with a fork and stir in the **parsley** and **half** the **salsa**. Taste and add **salt** and **pepper** if you feel it needs it. Serve the **bulgur wheat** in bowls with the **aubergine** and **pepper strips** laid on top. Finish with a big spoonful of the remaining **salsa**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Aubergine	1	1½	2
Yellow Pepper	1	2	2
Honey	3 sachets	4 sachets	6 sachets
Chermoula Spice Blend	1 pot	2 pots	2 pots
Echalion Shallot	1	1	2
Garlic Clove	1	2	2
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Water*	300ml	450ml	600ml
Bulgur Wheat (13)	150g	225g	300g
Vegetable Stock Pot (10) (14)	½	1	1
Cucumber	½	¾	1
Mint	1 bunch	1 bunch	1 bunch
Pomegranate Seeds	1 pack	1 pack	2 packs
Sumac	1 pot	1 pot	1 pot
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 720G	PER 100G
Energy (kcal)	539	75
(kJ)	2255	313
Fat (g)	11	2
Sat. Fat (g)	2	1
Carbohydrate (g)	93	13
Sugars (g)	34	5
Protein (g)	15	2
Salt (g)	2.64	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

10) Celery 13) Gluten 14) Sulphites

🧼 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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