



More Than Food
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Feta and Parsley Stuffed Tomatoes with Minty Aubergine Tabbouleh

Have you heard of Les? He's our herb farmer with R & G Herbs, and he's a pretty passionate fellow. He comes from a long line of farmers, so he knows exactly what it takes to grow the most delicious herbs in the land. This herby salad full of parsley and mint wouldn't be the same without the great ingredients from our wonderful suppliers. So, this dish is an ode to the fantastic farmers we work with. You rock!

40 mins

healthy

veggie



Vegetable Stock Pot
(½)



Bulgur Wheat (½ cup)



Aubergine (1)



Red Pepper (1)



Flat Leaf Parsley
(5 tbsp)



Mint (5 tbsp)



Vine Tomato
(3)



Feta Cheese
(1 block)



Panko Breadcrumbs
(2 tbsp)



Hard Italian Cheese
(2 tbsp)



Lemon
(½)

Ingredients

2 PEOPLE

ALLERGENS

Vegetable Stock Pot	½	Celery, Sulphites
Bulgur Wheat	½ cup	Gluten
Aubergine, chopped	1	
Red Pepper, chopped	1	
Flat Leaf Parsley, chopped	5 tbsp	
Mint, chopped	5 tbsp	
Vine Tomato, halved	3	
Feta Cheese	1 block	Milk
Panko Breadcrumbs	2 tbsp	Gluten
Hard Italian Cheese	2 tbsp	Milk
Lemon	½	

🥬 Our fruit and veggies are super fresh, so they need a little wash before cooking!

Did you know...

The ancient greeks used to add mint to their baths to stimulate their bodies. Well I never!

Nutrition per serving: Calories: 460 kcal | Protein: 21 g | Carbs: 58 g | Fat: 16 g | Saturated Fat: 10 g

2



1 Pre-heat your oven to 200 degrees and bring 300ml of **water** to the boil with half your **vegetable stock pot**. Once the **water** is boiling, pour in the **bulgur wheat**, place a lid on the pot and take the pot off the heat for at least 25 mins, or until the rest of the meal is finished. **Tip:** *We like to do this at the beginning, as then you don't have to think about it again until the end, and it will stay warm!*

4



2 In the meantime, cut the **aubergine** in half lengthways, cut each half into strips and then chop the strips into roughly 2cm cubes. Remove the core from the **pepper** and chop into roughly 2cm cubes. Finely chop the **parsley** and **mint** (but keep them separate).

3 Put the **aubergine** and **pepper** onto a baking tray, drizzle over 2 tbsp of **oil**, ¼ tsp of **salt** and pop in your oven for 30 mins.

4 While your veggies are cooking, tackle the **tomatoes**! Cut the tomatoes in half through the equator and use a spoon to scoop out the flesh. **Tip:** *Be careful not to pierce the skin! Don't throw away the tomato flesh!*

5



5 Crumble the **feta** into a bowl and mix together with your chopped **parsley**. Stuff each tomato with a spoonful of this mixture.

6 Mix together your **breadcrumbs** and grated **hard Italian cheese** and sprinkle this on top of your **tomatoes** along with a pinch of **salt** and a really good grind of **pepper**. Drizzle 2 tbsp of **oil** onto a baking tray, put your **tomatoes** on the tray and pop in your oven for 10 mins.

7 In the meantime, chop up the **tomato** flesh.

8



8 When your **bulgur wheat** is cooked, fluff it up with a fork and squeeze in the juice of half the **lemon** and stir in your veggies, **tomato** flesh and chopped **mint**. Taste and add more **salt** and **pepper** if necessary.

9 Serve on plates with your stuffed **tomatoes** on top and enjoy!