



GOAT'S CHEESE AUBERGINE

with Chermoula Freekeh and Cucumber & Mint Salad



HELLO FREEKEH

This cereal is made from green durum wheat that is roasted and rubbed to create its unique flavour.



Red Onion



Garlic Clove



Aubergine



Chermoula Spice Blend



Freekeh



Vegetable Stock Pot



Balsamic Vinegar



Cucumber



Mint



Goat's Cheese



Lemon



Wholegrain Mustard



Veggie

40 mins

2.5 of your 5 a day

Very hot

Freekeh, made from durum wheat, makes a great replacement for rice in this deliciously simple vegetarian recipe. Once cooked, freekeh has a naturally al dente bite and nutty texture which works brilliantly with silky aubergine, crunchy cucumber and creamy grilled goat's cheese. Packed with veggie goodness and fresh, delicious flavours, we've got a feeling that this is about to become your new go-to recipe!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, some **Baking Paper**, a **Baking Tray**, two **Large Saucepans** (with **Lids**) and a **Measuring Jug**. Now, let's get cooking!



1 ROAST THE AUBERGINE

Preheat your oven to 220°C. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Cut the **aubergine** in half lengthways. Score diagonal criss-crosses into the flesh, 1cm apart. Go deep but avoid piercing the skin. Drizzle some **oil** on each half and season with **salt** and **pepper**. Place on a lined baking tray and pop on the top shelf of your oven. Cook until soft and browned, 25-30 mins.



4 GRILL THE CHEESE

When the **aubergine** is soft all the way through, remove it from your oven and preheat your grill to high. Squash down the flesh of each **aubergine half** with a fork (see picture). Crumble in the **goat's cheese**, grind over some **pepper** and place under your grill until the **cheese** is brown and bubbling, 5-6 mins.



2 COOK THE FREEKEH

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **garlic** and **chermoula spice blend** and cook for 1 minute. Tip in the **freekeh**, then pour in the **water** (see ingredients for amount). Stir in the **stock pot**, then bring to a simmer. Turn the heat down to low and put the lid on. Cook the **freekeh** for 15 mins, then remove from the heat. Leave to the side for 5 mins (still covered) or until everything else is ready.



5 DRESS THE CUCUMBER

Meanwhile, **zest** the **lemon** and set aside. Squeeze the **lemon juice** into a bowl with the **olive oil** (see ingredients for amount), a pinch of **salt** and **pepper** and the **wholegrain mustard**. Whisk with a fork. Add in the **cucumber** chunks and three-quarters of the **mint**. Toss together.



3 CARAMELISE THE ONION

While the **freekeh** cooks, heat a splash of **oil** in another large saucepan on medium heat and add the **onion**. Cook until really soft, stirring every few mins, 8-10 mins. Next, add the **balsamic vinegar**. Turn the heat to low, put the lid on and cook for 3-4 mins. Remove the pan from the heat. While everything cooks, chop the **cucumber** into small chunks. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



6 FINISH AND SERVE

Stir the **lemon zest** into the **freekeh**, taste and add **salt** and **pepper** if you feel it needs it. Serve the **aubergine** on a bed of **freekeh** with the **cucumber** and **mint salad** on top. Spoon over the caramelised **onion** and finish with a sprinkling of the remaining **mint**. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Onion, sliced	1
Garlic Clove, grated	1
Aubergine, halved	1
Chermoula Spice Blend	1 tsp
Freekeh 13)	100g
Water*	200ml
Vegetable Stock Pot 10) 14)	½
Balsamic Vinegar 14)	1 tbsp
Cucumber, chopped	1
Mint, chopped	½ bunch
Goat's Cheese 7)	1 log
Lemon	½
Olive Oil*	2 tbsp
Wholegrain Mustard 9)	½ tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 545G	PER 100G
Energy (kcal)	464	85
(kJ)	1939	356
Fat (g)	21	4
Sat. Fat (g)	10	2
Carbohydrate (g)	48	9
Sugars (g)	14	3
Protein (g)	24	4
Salt (g)	2.26	0.42

ALLERGENS

7) Milk 9) Mustard 10) Celery 13) Gluten 14) Sulphites

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains Sulphites], Stabiliser [Tara Gum], **Celery Salt**, **Celery Powder**, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

