



# 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 Powder



Balsamic Vinegar



Cucumber



Mint



Goat's Cheese



Lemon



Wholegrain Mustard

MEAL BAG

#7

40 mins

Medium heat

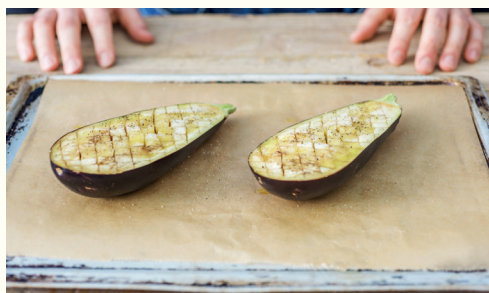
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Veggie

Freekeh, made from durum wheat, makes a great replacement for rice in this deliciously simple vegetarian recipe. Once cooked, freekeh has a natural 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**) a **Measuring Jug** and **Mixing Bowl**. 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**, and bring to a simmer. Turn the heat down to low and put a 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 cut in half. Squeeze the **lemon juice** into a mixing 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 the side. Spoon over the **caramelised onion** and finish with a sprinkling of the remaining **mint**. **Enjoy!**

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion	1	2	2
Garlic Clove	1	2	2
Aubergine	1	1½	2
Chermoula Spice Blend	1 small pot	¾ large pot	1 large pot
Freekeh 13)	100g	150g	200g
Water*	200ml	300ml	400ml
Vegetable Stock Powder 10) 14)	½ pot	½ pot	1 pot
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets
Cucumber	½	¾	1
Mint	½ bunch	1 bunch	1 bunch
Goat's Cheese 7)	1 log	1½ logs	2 logs
Lemon	½	1	1
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Wholegrain Mustard 9)	½ pot	¾ pot	1 pot

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 454G	PER 100G
Energy (kcal)	508	112
(kJ)	2125	468
Fat (g)	26	6
Sat. Fat (g)	11	2
Carbohydrate (g)	47	10
Sugars (g)	13	3
Protein (g)	23	5
Salt (g)	1.42	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 9) Mustard 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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