

Middle Eastern Style Aubergine & Pepper Harissa Tacos with Feta and Wedges



CLASSIC 30 Minutes • Little Heat • 2.5 of your 5 a day • Veggie



Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools, you will need:

Two Baking Trays, Colander, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug. Ingredients

| ingreatents | | | |
|--------------------------------------|-----------------|-----------------|------------------|
| | 2P | 3P | 4P |
| Aubergine** | 1 | 2 | 2 |
| Red Pepper** | 1 | 1 | 2 |
| Ground Cumin | 1 small pot | 1 large pot | 1 large pot |
| Potato** | 1 small pack | 1 large pack | 2 small packs |
| Mixed Beans | 1 carton | 1½ cartons | 2 cartons |
| Mint** | 1 bunch | 1 bunch | 1 bunch |
| Garlic Clove** | 1 clove | 2 cloves | 2 cloves |
| Tomato Purèe | 1 sachet | 2 sachets | 2 sachets |
| Water for the Beans* | 100ml | 150ml | 200ml |
| Vegetable Stock Powder 10) | 1 sachet | 2 sachets | 2 sachets |
| Harissa Paste | 1 sachet | 1½ sachets | 2 sachets |
| Natural Yoghurt 7) ** | 75g | 100g | 150g |
| Feta Cheese 7) ** | 1 block | 1½ blocks | 2 blocks |
| Soft Shell Tacos 13) | 6 | 9 | 12 |
| | | | |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 815g | 100g |
| Energy (kJ/kcal) | 3625 /867 | 445/106 |
| Fat (g) | 26 | 3 |
| Sat. Fat (g) | 12 | 1 |
| Carbohydrate (g) | 119 | 15 |
| Sugars (g) | 19 | 2 |
| Protein (g) | 34 | 4 |
| Salt (g) | 3.35 | 0.41 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Take a look at your ingredient packaging for further information on allergens and traces of allergens!

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.

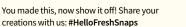
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Get Prepped

Preheat your oven to 200°C. Trim the aubergine then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve the strips widthways. Pop the **aubergine** and **pepper** on a large baking tray, nicely spread out. Drizzle with **oil** and sprinkle over the ground cumin. Season with salt and pepper, then toss to coat. Set aside.



2. Roast the Wedges

Chop the potatoes into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with salt and pepper. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out. Pop the aubergine and pepper on the middle shelf to roast until golden and tender, 25-30 mins. Turn both halfway through cooking.



3. Finish the Prep

Meanwhile, drain and rinse the mixed beans in a colander, put **half** of them in a bowl and mash with a fork until broken up. Pick the mint leaves from their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press).



4. Make the Beans

While everything cooks, heat a drizzle of **oil** in a frying pan on medium-high heat. Add the tomato purèe and the garlic and fry until fragrant, 1 minute. Pour in the water (see ingredients for amount), veg stock powder, mixed beans (both whole and crushed) and the harissa paste (add less if you don't like heat). Season with **salt** and **pepper**, bring to the boil and simmer until thickened, 5-7 mins.

5. Yoahurt Time!

Meanwhile pop the yoghurt in a small bowl and add the mint. Season with salt and pepper, stir together and set aside. Crumble the feta into small pieces. Pop the tacos in the oven to warm through for the last 2 mins of wedge cooking time. Once cooked, taste the beans and add salt and pepper if you feel it needs it. TIP: Add a splash of water if they've dried out too much.



6. Assemble!

Put a dollop of yoghurt on the base of each taco and spread it out. Top with the harissa beans, a handful of **aubergine** and **pepper** and the **feta**. Serve the wedges and any remaining yoghurt on the side to dip them in.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.