



Middle Eastern Style Veggie Harissa Tacos with Feta and Wedges

Classic 30 Minutes • Little Spice • 3 of your 5 a day • Veggie

20



Aubergine



Bell Pepper



Ground Cumin



Potato



Mixed Beans



Mint



Garlic Clove



Tomato Puree



Vegetable Stock Paste



Harissa Paste



Natural Yoghurt



Feta Cheese



Soft Shell Taco

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Colander, Bowl, Garlic Press and Frying Pan.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Bell Pepper***	1	1	2
Ground Cumin	1 sachet	1 sachet	2 sachets
Potato**	450g	700g	900g
Mixed Beans	1 carton	1½ cartons	2 cartons
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove	1	2	2
Tomato Puree	1 sachet	2 sachets	2 sachets
Water*	100ml	150ml	200ml
Vegetable Stock Paste 10	10g	15g	20g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7 **	75g	110g	150g
Feta Cheese 7 **	100g	150g	200g
Soft Shell Taco 13	6	9	12

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	740g	100g
Energy (kJ/kcal)	2702/646	365/87
Fat (g)	24	3
Sat. Fat (g)	11	2
Carbohydrate (g)	76	10
Sugars (g)	16	2
Protein (g)	28	4
Salt (g)	2.62	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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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.



Make the Beans

While everything cooks, heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **tomato puree** and the **garlic** and fry until fragrant, 1 minute. Pour in the **water** (see ingredients for amount), **veg stock paste**, **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.



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.



Yoghurt 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.



Finish the Prep

Meanwhile, drain and rinse the **mixed beans** in a colander, put **half** of them into 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).



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.