



MIDDLE EASTERN PILAF

With Mushrooms and Aubergine



HELLO AUBERGINE

Botanically, Aubergine is a Berry- however, culinary it is a vegetable! It is a species of nightshade and is closely related to the tomato and potato.



Vegetable Stock Powder



Echalion Shallot



Garlic Clove



Ras-el-Hanout



Zahtar Spice



Feta Cheese



Rocket



Basmati Rice



Chestnut Mushrooms



Aubergine



We love a good pilaf! Our Middle Eastern Pilaf features chestnut mushroom, roasted aubergine and crumbled feta. Seasoned with our fragrant ras-el-hanout and nutty zaatar. This deliciously simple, chef-curated recipe doesn't disappoint. Time to bust out the pots and pans!

40 mins

2.5 of your 5 a day

Veggie

MEAL BAG

5

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray**, **Fine Grater** (or **Garlic Press**), **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 ROAST THE AUBERGINE

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Cut widthways into 1cm thick slices. Pop onto a baking tray and sprinkle over **half** the **ras-el-hanout**. Add a drizzle of **oil** and a pinch of **salt** and **pepper**. Toss well to evenly coat, arrange in a single layer, then roast on the top shelf of the oven until golden and soft, 20-25 mins. Turn halfway through cooking.



2 FRY THE SHALLOT

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Heat a large saucepan over medium heat and add a glug of **oil**. Add the **shallot** and cook until soft, 5 mins, stirring frequently.



3 START THE PILAF

Thinly slice the **chestnut mushrooms**. When the **shallot** is soft add the **mushrooms** and fry for a further 3-4 mins, stirring often. Next, stir in the **garlic** and remaining **ras-el-hanout**. Cook for 1 minute more, then add the **basmati rice**, **water** (see ingredients for amount) and **stock powder**. Stir to dissolve the **stock powder**.



4 COOK THE PILAF

Bring to the boil, then lower the heat to medium and pop a lid on the pan (or cover tightly with foil). Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



5 MAKE THE SALAD.

Meanwhile, pop the **rocket** into a large bowl with a pinch of **salt** and **pepper**, and a small drizzle of **oil**. Toss to combine, then set aside. Using your hands, crumble the **feta** into small pieces.



6 FINISH AND SERVE

When the **pilaf** is ready, fluff it up with a fork then fold through the **roasted aubergine** and **half** the **feta**. Taste and add **salt** and **pepper** if needed. Serve the **pilaf** in deep bowls and top with a handful of **rocket**. Spoon over the remaining **feta** and sprinkle a little **zahtar spice** on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Echalion Shallot *	1	2	2
Garlic Clove *	1	2	2
Ras-el-Hanout	¾ small pot	1 small pot	¾ large pot
Zahtar Spice 3)	1 small pot	¾ large pot	1 large pot
Feta Cheese 7) *	1 block	1½ blocks	2 blocks
Rocket *	1 bag	1½ bags	2 bags
Basmati Rice	150g	225g	300g
Chestnut Mushrooms *	1 small punnet	¾ large punnet	1 large punnet
Aubergine *	1	1½	2
Water*	300ml	450ml	600ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 420G	PER 100G
Energy (kJ/kcal)	2090 / 500	498 / 119
Fat (g)	15	4
Sat. Fat (g)	9	2
Carbohydrate (g)	69	16
Sugars (g)	8	2
Protein (g)	19	4
Salt (g)	1.99	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 7) Milk 10) Celery

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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