



Middle Eastern Style Veggie Harissa Tacos

with Feta, Aubergine, Peppers and Wedges

Classic 40 Minutes • Mild Spice • 3 of your 5 a day • Veggie

20



Aubergine



Bell Pepper



Ground Cumin



Potatoes



Mixed Beans



Mint



Garlic Clove



Tomato Puree



Vegetable Stock Paste



Harissa Paste



Low Fat Natural Yoghurt



Feta Cheese



Plain Taco Tortilla

Before you start

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

Cooking tools, you will need:

Baking Tray, Colander, Garlic Press, Frying Pan, Measuring Jug and Bowl.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Bell Pepper***	1	1	2
Ground Cumin	1 sachet	1 sachet	2 sachets
Potatoes**	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
Low Fat Natural Yoghurt** 7)	75g	112g	150g
Feta Cheese** 7)	100g	150g	200g
Plain Taco Tortilla 13)	4	6	8

*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	789g	100g
Energy (kJ/kcal)	3338 /798	423 /101
Fat (g)	28	4
Sat. Fat (g)	12	2
Carbohydrate (g)	104	13
Sugars (g)	19	2
Protein (g)	31	4
Salt (g)	2.96	0.38

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 then halve widthways. Pop the **aubergine** and **pepper** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then sprinkle over the **ground cumin**. Toss to coat, spread out evenly, then set aside.



Make the Beans

While everything roasts, heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **tomato puree** and the **garlic**. Fry until fragrant, 1 min. 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 Veg

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. Once your oven is hot, roast on the middle shelf until golden, 30-40 mins. Pop the **aubergine** and **pepper** on the top shelf to roast until golden and tender, 25-30 mins. Turn both halfway through.



Finish Up

Meanwhile, pop the **yoghurt** into a small bowl and add the **mint**. Season to taste, stir together and set aside. Crumble the **feta** into small pieces. Pop the **tortillas** in the oven to warm through for the last 2 mins of roasting time. Once the **beans** are cooked, taste and season again if needed. **TIP:** Add a splash of water if it's a little thick.



Finish the Prep

Meanwhile, drain and rinse the **mixed beans** in a colander. Put **half** 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 the Tacos

Spread a dollop of **yoghurt** over the base of each **tortilla**. Top with spoonfuls of the **harissa beans**, **aubergine**, **peppers** and **feta**. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in! Serve the **wedges** and any remaining **yoghurt** alongside for dipping.

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.