



Shawarma Roasted Aubergine

with Chickpeas, Mushrooms and Nutty Tomato Salsa



HELLO COOKBOOK

Our brand NEW cookbook, 'Recipes That Work', is on sale from the 3rd May. Order yours on Amazon now!



Aubergine



Onion



Chestnut Mushrooms



Chickpeas



Potato



Shawarma Seasoning



White Wine Vinegar



Vegetable Stock Pot



Vine Tomato



Flat Leaf Parsley



Walnuts



Lemon

Black peppercorns, cinnamon, cardamom, cumin and coriander are just a few of the ingredients that go into our delicious shawarma spice mix. With that many strings to its bow, it's hard to believe that this spicy blend doesn't completely steal the show. But when the competition is as good as a spicy mushroom and chickpea stew, and a fresh walnut and tomato salsa, it's hard to put a finger on the winner. We'll let you decide!

35 mins

4.5 of your 5 a day

Veggie

MEAL BAG

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Colander**, **Peeler**, **Frying Pan** (with a **Lid**), some **Baking Paper**, a **Baking Tray** and **Measuring Jug**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 200°C. Remove the stalk top from the **aubergine**, cut it in half, then cut each half into four long strips. Halve, peel and thinly slice the **onion** into half moons. Slice each **mushroom** into about four slices. Drain and rinse the **chickpeas** in a colander. Peel and chop the **potato** into small 1cm chunks.



2 ROAST THE AUBERGINE

Heat a drizzle of **oil** in a frying pan on medium heat, add the **mushrooms** and a pinch of **salt** and **pepper**. Stir and cook until browned, 5-6 mins. While they are cooking, lay the **aubergine** slices on a lined baking tray and sprinkle over **half** the **shawarma seasoning**, a good glug of **oil** and a pinch of **salt** and **pepper**. Toss to coat (make sure they're in a single layer) and roast on the top shelf of your oven until golden and soft, 25-30 mins.



4 ADD THE CHICKPEAS

Pour in the **water** (see ingredients for amount) and stir in the **stock pot**, then add the **chickpeas** and **potato**. Mix well and bring to a simmer, then cover the pan with a lid (or some foil). Turn the heat to medium-low and simmer until the **potato** is soft, 20-25 mins. Stir a couple of times. **★ TIP:** *The potato is cooked when you can easily slip a knife through.*



5 MAKE THE SALSA

Meanwhile, chop the **vine tomato** into 2cm chunks. Finely chop the **parsley** (stalks and all). Roughly chop the **walnuts**. Squeeze the **lemon juice** into a bowl and add the **olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Add the **tomato**, **parsley** and **walnuts**, stir together and leave to the side.



3 COOK THE ONION

Once the **mushrooms** have browned, add the **onion** to the pan, stir and cook until the **onion** is soft, 5-6 mins. Add the remaining **shawarma seasoning**, stir well and cook for 1 minute more, then add the **white wine vinegar**. Stir and allow to evaporate.



6 FINISH AND SERVE

When the **potato** is ready, spoon the mixture into bowls and top with the **shawarma roasted aubergine**. Spoon the **nutty tomato salsa** on top. **Enjoy!**

2 PEOPLE INGREDIENTS

Aubergine, sliced	1
Onion, sliced	1
Chestnut Mushrooms, sliced	1 small punnet
Chickpeas	1 carton
Potato, chopped	1
Shawarma Seasoning	1 tbsp
White Wine Vinegar ¹⁴⁾	1 tbsp
Water*	350ml
Vegetable Stock Pot ^{10) 14)}	½
Vine Tomato, chopped	2
Flat Leaf Parsley, chopped	1 small bunch
Walnuts, chopped ²⁾	25g
Lemon	½
Olive Oil*	1 tbsp

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 779G	PER 100G
Energy (kcal)	517	66
(kJ)	2163	278
Fat (g)	15	2
Sat. Fat (g)	2	1
Carbohydrate (g)	70	9
Sugars (g)	15	2
Protein (g)	21	3
Salt (g)	1.90	0.24

ALLERGENS

²⁾ Nut ¹⁰⁾ Celery ¹⁴⁾ Sulphites

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [Contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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