



Spicy Baharat Roasted Aubergine with Harissa and Roasted Garlic Yoghurt

Special Sides 30 Minutes • Medium Spice • 1 of your 5 a day • Veggie

Nº 2A



Aubergine



Baharat Spice



Garlic Clove



Greek Yoghurt



Harissa Paste



Spring Onion

Before you start

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

Cooking tools, you will need:

Baking Tray, Aluminum Foil, Bowl, Measuring Spoon.

Ingredients

	Quantity
Aubergine**	2
Baharat Spice	2 pots
Garlic Clove	2
Greek Yoghurt 7)**	75g
Harissa Paste	1 sachet
Spring Onion**	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	399g	100g
Energy (kJ/kcal)	916 /219	230 /55
Fat (g)	12	3
Sat. Fat (g)	3	1
Carbohydrate (g)	24	6
Sugars (g)	15	4
Protein (g)	6	1
Salt (g)	0.50	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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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 You can recycle me!



1



Roast the Aubergine

- Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop into long **wedges**.
- Pop the **aubergine pieces** onto a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Sprinkle over the **baharat spice** (use less if you don't like heat!).
- Use your hands to coat the **aubergine** in the **spice**, then arrange in a single layer.
- Roast the **aubergine** until golden brown and soft, 25-30 mins, turning halfway through.

2



Make the Yoghurt

- Meanwhile, peel the **garlic cloves** and pop them into a square of foil with a drizzle of **oil**. Scrunch to enclose it.
- Roast on your **aubergine** baking tray until soft, 10-12 mins, then carefully remove.
- While everything cooks, pop the **yoghurt** in a bowl, add the **harissa paste** and a **tbsp** of **water**. Season with **salt** and **pepper** and mix to combine.
- Trim and thinly slice the **spring onion**.

3



Finish and Serve

- Once the **garlic** is cooked, remove from the foil parcels and mash with a fork until all broken up. Stir the **garlic** into the **yoghurt**.
- Serve the **aubergine** on a large platter and drizzle over the **harissa yoghurt**.
- Sprinkle over the **spring onion** and serve.

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.