



Harissa-Fig Braised Chickpeas and Eggplant

with Almond Couscous and Yogurt Sauce

Veggie

30 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

+ Add



Chicken Breast Tenders
310 g | 620 g



Chickpeas
1 | 2



Couscous
1/2 cup | 1 cup



Baby Spinach
56 g | 113 g



Yellow Onion
1 | 2



Parsley
7 g | 14 g



Eggplant
1/2 | 1



Yogurt Sauce
3 tbsp | 6 tbsp



Tomato Sauce Base
4 tbsp | 8 tbsp



Almonds, sliced
28 g | 56 g



Vegetable Stock Powder
2 tbsp | 4 tbsp



Fig Spread
1 tbsp | 2 tbsp



Harissa Spice Blend
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities **56 g** | **113 g**
2 person | 4 person

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, measuring cups, measuring spoons, medium pot, large non-stick pan, parchment paper, strainer

1



Toast almonds and start prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **almonds** to a parchment-lined baking sheet. Toast in the **top** of the oven, stirring halfway, until golden, 3-4 min. Transfer **almonds** to a plate. Reserve the baking sheet.
- While **almonds** toast, peel and cut **onion** into ¼-inch pieces.
- Cut **half the eggplant** into ½-inch pieces (use all for 4 ppl). (**TIP:** Peel eggplant before cutting, if desired.)

4



Cook couscous and start braise

- Add **half the stock powder**, ⅔ cup (1 ⅓ cups) **water** and **1 tbsp** (2 tbsp) **butter** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.
- When **couscous** is tender, fluff with a fork.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, **chickpeas** and **onions**. Season with **salt** and **pepper**. Cook, stirring often, until **onions** are tender, 2-3 min.

2



Roast eggplant

- Add **eggplant**, **half the Harissa Spice Blend** and **1 tbsp** (2 tbsp) **oil** to the same baking sheet used to toast **almonds**. Season with **salt** and **pepper**. Toss to coat.
- Roast in the **bottom** of the oven, stirring halfway, until **eggplant** is golden and tender, 10-14 min. (**Note:** Eggplant will finish cooking in step 5!)

5



Finish braise

- Add **Harissa Spice Blend** to the **chickpeas** and **veggies**. Stir to coat.
- Reduce heat to medium. Add **tomato sauce base**, **remaining stock powder**, **roasted eggplant**, **half the fig spread** (use all for 4 ppl), ½ cup (1 cup) **water** and ¼ cup (½ cup) **chickpea liquid**.
- Cook, stirring occasionally, until **veggies** are soft and **braise** thickens slightly, 2-3 min. (**TIP:** For a lighter sauce consistency, add additional reserved chickpea liquid, 1-2 tbsp at a time, if desired.)

3



Finish prep

- + Add | **Chicken Breast Tenders**
- Meanwhile, roughly chop **spinach**.
- Roughly chop **parsley**.
- Drain **chickpeas**, reserving **chickpea liquid**.

6



Finish and serve

- + Add | **Chicken Breast Tenders**
- Remove **braise** from heat. Add **spinach**. Season with **salt** and **pepper**. Stir until wilted, 30 sec.
- Stir **almonds** and **half the parsley** into **couscous**.
- Divide **couscous** and **braise** between bowls.
- Drizzle **yogurt sauce** and sprinkle **remaining parsley** over top.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Finish prep and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** Transfer to a plate and cover to keep warm. Reuse the same pan to cook **braise** in step 4.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top bowls with **chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.