



M A R  
2017

## Greek Ragu

with Almonds, Eggplant and Basil Couscous

Greek ragu is one of the lesser known treasures of Aegean cuisine. The gentle, warm tang of tomatoes blends like a charm with almonds and eggplants. And when you add the flavourful basil couscous into the mix, well, take our word for it, everyone will love it!

 *Prep*  
35 min

 *veggie*



Couscous



Eggplant



Leek



Red Onion



Garlic



Mixed Olives



Tomato Passata



Vegetable Broth  
Concentrate



Feta Cheese



Basil



Almonds

## Ingredients

		2 People	4 People	
Couscous	1)	1 pkg (113 g)	2 pkg (227 g)	
Eggplant		2	4	
Leek, chopped		1 pkg (56 g)	2 pkg (113 g)	
Red Onion, chopped		1 pkg (56 g)	2 pkg (113 g)	
Garlic		1 pkg (10 g)	2 pkg (20 g)	
Mixed Olives, pitted	3)	1 pkg (30 g)	2 pkg (60 g)	
Tomato Passata		1 box	2 box	
Vegetable Broth Concentrate		1 pkg	2 pkg	
Feta Cheese, crumbled	2)	1 pkg (½ cup)	2 pkg (1 cup)	
Basil		1 pkg (14 g)	1 pkg (14 g)	
Almonds, sliced	4)	1 pkg (28 g)	2 pkg (56 g)	
Olive or Canola Oil*				

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Sulphites/Sulfites
- 4) Treenuts/Noix

## Tools

Baking Sheet, Kettle, Large Bowl, Measuring Cups, Large Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 502 cal | Fat: 13 g | Protein: 18 g | Carbs: 49 g | Fibre: 24 g | Sodium: 785 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

2



**1 Preheat the oven to 425°F (to roast the eggplant). Start prepping when the oven comes up to temperature!**

**2 Roast the eggplant:** Chop the **eggplant** into ½-inch cubes. Toss the **eggplant** with a drizzle of **oil** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the centre of the oven until golden-brown, stirring halfway through cooking, 23-25 min.

2



**3 Prep:** Meanwhile, **wash and dry all produce**. Mince or grate the **garlic**. Roughly chop the **olives**. Pick the **basil leaves** off the stems (don't discard the stems — we'll use it later!). Bring a kettle of **water** to a boil.

**4 Make the couscous:** In a large bowl, combine the **couscous**, **basil stems** and **broth concentrate(s)**. Stir in **¾ cup boiling water** (double for 4 people). Cover with a lid and set aside.

7



**5 Toast the almonds:** Meanwhile, heat a large pan over medium heat. Add the **almonds** to the dry pan. Cook, stirring often, until golden and toasted, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer the almonds to a plate.

**6 Make the ragu:** Increase the heat to medium-high. Add a drizzle of **oil** in the same pan, then the **onions**, **leeks** and **garlic**. Cook, stirring often, until veggies are golden-brown, 4-5 min. Add the **passata**. Reduce the heat to medium-low. Simmer until the sauce thickens slightly, 5-6 min. Stir in the **roasted eggplant** and **olives**. Season with **salt**.

**7 Finish and serve:** Remove the **basil stems** from the couscous and stir in the **basil leaves**. Divide the **ragu** between bowls and sprinkle with the **almonds** and **feta**. Enjoy!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca