



JAN 2017

Roasted Eggplant with Feta and Chermoula Freekeh

We're not lying when we say that as we read the name of this recipe, our stomachs rumbled a lot! If you think you'll have leftovers from this one - you're mistaken. You're gonna want to get this in your belly!

Prep 35 min

level 1



Baby Eggplant



Garlic



Red Onion



Freekeh



Chermoula Spice



Vegetable Broth Concentrate



Balsamic Vinegar



Feta



Cucumber



Mint



Lemon



Wholegrain Mustard

Ingredients

		2 People
Baby Eggplant		2
Garlic		1 pkg (10 g)
Red Onion, sliced		1 pkg (113 g)
Freekeh	4)	1 pkg (170 g)
Chermoula Spice Blend	1) 5)	1 pkg (2 tbsp)
Vegetable Broth Concentrate		1 pkg
Balsamic Vinegar	1)	½ pkg (1 tbsp)
Feta Cheese, crumbled	2)	1 pkg (½ cup)
Cucumber		1
Mint		1 pkg (7 g)
Lemon		1
Wholegrain Mustard	1) 3)	⅓ pkg (1 tsp)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Sulphites/Sulfites
- 2) Milk/Lait
- 3) Mustard/Moutarde
- 4) Wheat/Blé
- 5) Sesame/Sésame

Tools

Baking Sheet, Medium Pot, Medium Pan, Small Bowl, Whisk, Measuring Cups

Nutrition per person Calories: 583 cal | Fat: 19 g | Protein: 20 g | Carbs: 85 g | Fibre: 19 g | Sodium: 796 mg

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

Ruler

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1 Preheat the oven to 400°F. (To roast the eggplant.) Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Slice the **eggplant** in half lengthwise. Mince or grate the **garlic**. Rinse the **freekeh**.

3 Cook the freekeh: Heat a medium pot over medium heat. Add a drizzle of **oil**, then the **garlic**. Cook until fragrant, 30 sec. Add the **freekeh**, **half the spice blend**, **broth concentrate** and **2½ cups of salted water**. Cover and simmer, until freekeh is tender, 15-18 min.

4 Start roasting the eggplant: Meanwhile, add the **eggplant halves**, cut-side down on **lightly oiled** baking sheet. Roast in the oven until, golden-brown, 8-9 min.

5 Caramelize the onions: Meanwhile, heat a medium pan over medium heat. Add a drizzle of **oil**, then **onions**. Cook, stirring occasionally, until softened, 4-5 min. Reduce heat to low, then add **1 tbsp vinegar**. Cook, stirring occasionally, until slightly caramelized, 18-20 min.

6 Meanwhile, in a small bowl, combine the **remaining spice blend** with a pinch of **salt** and **pepper** and a drizzle of **oil**. Turn the **eggplant halves** over. Brush the cut-side with the **spiced oil mixture** and sprinkle with **feta**. Return to the oven and continue roasting until fork tender, 8-9 min.

7 Make the cucumber-mint salad: Meanwhile, zest, then juice the **lemon**. Chop the **cucumber** into ½-inch cubes. Roughly chop the **mint leaves**. In a large bowl whisk the **lemon juice**, **lemon zest** and **1 tsp mustard** with a drizzle of **oil**. Stir in the **cucumber** and **mint**. Season with **salt** and **pepper**.

8 Finish and serve: Serve your **eggplant** on a bed of **freekeh** with your **cucumber-mint salad** and **caramelized onion** on top. Enjoy!

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