



More than Food

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Israeli Black Eyed Peas

with Fenugreek, Roasted Eggplant, and Feta

If you've never worked with fenugreek before, now's the time to add it to your spice repertoire. Its sweet, nutty flavor has notes of celery and maple. It adds a unique flavor profile to this hearty, veggie-filled Middle Eastern dish.



40 min



level 1



nut free



veggie



Eggplant



Black Eyed Peas



Red Onion



Collard Greens



Feta Cheese,
crumbled



Garlic



Cilantro



Fenugreek



Crushed
Tomatoes



Vegetable Stock
Concentrate

Ingredients

	2 People	4 People
Eggplant	1	2
Black Eyed Peas	1 can	2 cans
Red Onion	1	2
Collard Greens	4 oz	8 oz
Feta Cheese, crumbled	1)	2 oz
Garlic	2 cloves	4 cloves
Cilantro	¼ oz	½ oz
Fenugreek	1 t	2 t
Crushed Tomatoes	1 box	2 boxes
Vegetable Stock Concentrate	1	2
Oil*	2 T	4 T

*Not Included

Allergens

1) Milk

Tools

Baking Sheet, Large Pan,
Strainer

Nutrition per person Calories: 523 cal | Carbs: 77 g | Fat: 20 g | Protein: 25 g | Fiber: 22 g | Sodium: 1558 mg

Make sure to wash and dry produce before prepping or cooking!



1 Preheat the oven to 400 degrees. Wash the **collard greens**, then remove and discard the stems and ribs. Thinly slice the leaves into ribbons. Mince or grate the **garlic**. Halve, peel, and finely chop the **onion**. Cut the **eggplant** into 1-inch cubes. Chop the **cilantro**. Drain and rinse the **black eyed peas**.



2 **Cook the eggplant:** toss the **eggplant** on a baking sheet with the **fenugreek**, **1 Tablespoon oil**, and a pinch of **salt** and **pepper**. Place in the oven for 25-30 minutes, tossing halfway through cooking, until tender and golden brown.



3 Heat **1 Tablespoon oil** in a large pan over medium-high heat. Add the **onion** and **garlic** and cook, tossing, for 3-4 minutes, until softened. Add the **collard greens** to the pan and cook, tossing, for 4-5 more minutes, until very soft. Season with **salt** and **pepper**.



4 Add the **tomatoes**, **vegetable stock concentrate**, **1 cup water**, and **half the cilantro** to the pan. Season with **salt** and **pepper**. Bring to a boil, then reduce to a simmer.

5 **Make the black eyed pea mixture:** stir the **black eyed peas** into the pan and simmer until the **eggplant** is ready. Taste and season with **salt** and **pepper**.

6 Plate the **eggplant**, then top with the **black eyed pea mixture**. Sprinkle with the **feta cheese** and the **remaining cilantro**. Finish with a drizzle of **olive oil**, if desired. Enjoy!

Ruler

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