



Everything  
But The Chef

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WK06  
2016



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## Harissa Eggplant with Tomato & Almond Couscous

Our ode to Valentine's Day is a fragrant dish which hums with fresh mint, fiery harissa and rich nutty roast almonds. The secret to this is recruiting a helper to make light work of your tasks. So grab a loved one, put on your favourite sappy love song and get cooking. Divide this sumptuous tomato couscous salad into bowls and enjoy some spice with this creamy fierce eggplant.

**Prep:** 10 mins  
**Cook:** 45 mins  
**Total:** 55 mins

level 1  
 extra spicy  
 low sodium

### Pantry Items



Olive Oil



Water



Butter



Eggplant



Harissa Paste



Cherry Tomatoes



Yoghurt



Mint



Couscous



Roasted Almonds



Parsley

2P	4P	Ingredients
1	2	eggplant, halved
1-2 tsp	2-3 tsp	harissa paste
2 tsp	1 tbs	olive oil *
1 punnet	2 punnets	cherry tomatoes, halved
1 tub	2 tubs	yoghurt
1 bunch	2 bunches	mint, finely chopped
½ cup	1 cup	couscous
½ cup	1 cup	boiling water *
1 tsp	2 tsp	butter *
¼ cup	½ cup	roasted almonds, coarsely chopped
1 bunch	2 bunches	parsley, roughly chopped

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2050	Kj
Protein	17.8	g
Fat, total	17.7	g
-saturated	3.6	g
Carbohydrate	60.1	g
-sugars	12.1	g
Sodium	107	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, 2 small bowls, heatproof bowl, oven tray lined with baking paper and cling wrap.*

**1** Preheat the oven to **200°C/180°C** fan forced.

**2** Score a criss cross pattern in the outside of the **eggplant halves**. Combine the **harissa paste** (be careful, this can be hot!) with half of the **olive oil**. Rub the harissa mixture into the flesh and then place, outside up, on one half of the prepared oven tray. Cook in the oven for **20 minutes**. Toss the **cherry tomatoes** in the remaining olive oil and place on the other side of the prepared tray. Season with **salt** and **pepper** and place the tray back in the oven and cook for a further **20 minutes**.



**3** Meanwhile, combine the **yoghurt** and **mint**. Season with salt and pepper and set aside.

**4** Place the **couscous** in a heatproof bowl. Pour the **boiling water** over the couscous, stir with a fork, and then cover the bowl tightly with cling wrap, leave to sit for **5 minutes**. Remove the wrap and fluff the couscous with a fork. Stir through the **butter**, **roasted almonds** and **parsley**. Gently stir through the roast tomatoes.



**5** To serve divide the tomato couscous between plates. Top with the eggplant and a good dollop of the minted yoghurt.



**Did you know?** Harissa is also the name of a mountain village in Lebanon.