



# Georgian Ajapsandali

with Aubergine, Pepper and Tomatoey Bulgur



## HELLO PARSLEY

*Parsley is a natural breath freshener. It reduces the odor of garlic breath when chewed fresh!*



Aubergine



Echalion Shallot



Red Onion



Garlic Clove



Red Pepper



Green Pepper



Vine Tomato



Green Chilli



Tomato Purée



Bulgur Wheat



Vegetable Stock Powder



Basil



Flat Leaf Parsley



Coriander



Walnuts

MEAL BAG

- 35 mins
- 2 of your 5 a day
- Little heat

Veggie

Chef Lizzie finds cooking inspiration wherever she travels, and a recent trip to Georgia inspired her to recreate Ajapsandali, a traditional Georgian stew, for you to enjoy at home. Characteristically, Georgian stews use lots of garlic and fresh herbs, so it will be no surprise that this recipe is no different! Coriander, parsley and basil are combined in a rich veg-packed stew and served on top of nutty bulgar wheat to give the dish a really lovely texture.

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray**, **Fine Grater** (or **Garlic Press**), **Large Saucepan** (with **Lid**), **Measuring Jug** and **Large Frying Pan** (with **Lid**). Now, let's get cooking!



## 1 ROAST THE AUBERGINE

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into 2cm pieces. Pop on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out in one layer and roast on the top shelf of your oven until soft and golden, 15-20 mins.



## 2 PREP TIME

Halve, peel and finely slice the **shallot**. and the **red onion**. Peel and grate the **garlic** (or use a garlic press). Halve the **peppers** and discard the cores and seeds. Chop into roughly 2cm pieces. Chop the **vine tomato** into roughly 2cm pieces. Halve the **chilli** lengthways, remove the seeds then finely chop.



## 3 COOK THE BULGUR

Heat a drizzle of **oil** in a large saucepan on medium heat and add the **shallot**. Cook, stirring, until softened, 2-3 mins, then stir in the **tomato purée** and **bulgur wheat**. Add **half** the **stock powder** and the **water** for the **bulgur** (see ingredients for amount), stir and bring to the boil. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## 4 START THE AJAPSANDALI

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. When hot, add the **onion** and a pinch of **salt** and cook, stirring occasionally, until soft, 3-4 mins. Stir in the **garlic**, **peppers** and a pinch of **chilli** (go easy on the **chilli** - you can add more later!) and cook for another minute.



## 5 SIMMER THE AJAPSANDALI

Next, stir in the **tomato**, **water** for the stew (see ingredients for amount), remaining **stock powder** and the **sugar** (see ingredients for amount). Pop a lid (or some foil) on the pan and lower the heat to medium-low. Leave to simmer until thick and tomatoey with the **peppers** just soft, 5-6 mins. **TIP:** *The stew should have some texture to it; we don't want mush!*



## 6 FINISH AND SERVE

Roughly chop the **basil**, **parsley** and **coriander** (stalks and all). Roughly chop the **walnuts**. Stir the **walnuts** and **half** the **herbs** through the **bulgur**. Season to taste with **salt** and **pepper** if needed. Stir the **roasted aubergine** and remaining **herbs** through the **stew**. Season to taste with **salt** and **pepper**. **Ajapsandali** done! Serve the **bulgur** in bowls topped with the **Ajapsandali** - finish with a sprinkling of **chilli** if liked. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Aubergine *	1	1½	2
Echalion Shallot *	1	1	2
Red Onion *	1	2	2
Garlic Clove *	2	3	4
Red Pepper *	1	2	2
Green Pepper *	1	1	2
Vine Tomato	2	3	4
Green Chilli *	½	¾	1
Tomato Purée	1	1½	2
Bulgur Wheat 13)	100g	150g	200g
Vegetable Stock Powder 10)	1 sachet	1 sachet	2 sachets
Water for the Bulgur*	200ml	300ml	400ml
Water for the Stew*	50ml	75ml	100ml
Sugar	1 tsp	1½ tsp	2 tsp
Basil	1 bunch	1 bunch	1 bunch
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Coriander *	1 bunch	1 bunch	1 bunch
Walnuts 2)	1 bag	1½ bags	2 bags

\*Not Included

\*Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 680G	PER 100G
Energy (kcal)	372	55
(kJ)	1556	229
Fat (g)	9	1
Sat. Fat (g)	1	1
Carbohydrate (g)	60	9
Sugars (g)	19	3
Protein (g)	14	2
Salt (g)	0.91	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 10) Celery 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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