



GREEK RAGÙ

with Almonds, Eggplant and Basil Couscous



HELLO RAGÙ

Traditionally made with meat, we're using hearty eggplant for this vegetarian version

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 574**



Couscous



Baby Eggplant



Leek, sliced



Red Onion, chopped



Garlic



Mixed Olives



Tomato Passata



Vegetable Broth Concentrate



Feta Cheese, crumbled



Basil



Almonds, sliced

BUST OUT

- Baking Sheet
- Measuring Cups
- Garlic Press
- Aluminum Foil
- Kettle
- Salt and Pepper
- Large Bowl
- Olive or Canola oil
- Large Non-Stick Pan

INGREDIENTS

2-person

- Couscous 1 ½ cup
- Baby Eggplant 400 g
- Leek, sliced 56 g
- Red Onion, chopped 56 g
- Garlic 10 g
- Mixed Olives 9 30 g
- Tomato Passata 1 box
- Vegetable Broth Concentrate 1
- Feta Cheese, crumbled 2 56 g
- Basil 10 g
- Almonds, sliced 5 28 g

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG



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



1 ROAST EGGPLANT
Wash and dry all produce.* Cut the stems off the **eggplants**, then chop into ½-inch cubes. On a foil-lined baking sheet, toss the eggplant with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven until the eggplant is soft and slightly crispy on the edges, 20-23 min.



4 TOAST ALMONDS
Meanwhile, heat a large non-stick 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 and set aside.



2 PREP
Meanwhile, mince or grate the **garlic**. Roughly chop the **olives**. Pick the **basil leaves** off the stems (don't discard the stems — we'll use them later!). Bring a kettle of **water** to a boil.



5 MAKE RAGÙ
Increase the heat to medium-high. Add a drizzle of **oil** to the same pan, then the **onions**, **leeks** and **garlic**. Cook, stirring often, until the 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 **pepper**.



3 MAKE COUSCOUS
In a large bowl, combine the **couscous**, **basil stems** and **broth concentrate**. Stir in **¾ cup boiling water**. Cover and let stand for 5-6 min.



6 FINISH AND SERVE
Remove the **basil stems** from the **couscous**. Season with **salt** and **pepper**. Divide the **ragù** and couscous between bowls. Sprinkle over the **basil leaves**, **almonds** and **feta**.

TOASTY!

Use our pan-toasting technique to toast any other nuts you like!