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## Grilled Aubergine with Borlotti Beans and Goat's Cheese

The humble aubergine also known as brinjal, eggplant, guinea squash and garden egg, goes by as many aliases as an MI5 agent! Whatever you may call this pretty purple veggie, you will agree that it makes a great addition to almost any vegetarian dish. We think that this simple bean stew topped with crispy aubergine and creamy goat's cheese just hits the spot and beautifully balances healthy ingredients with sumptuous, hearty flavours. Enjoy!

40 mins

4 of your 5 a day

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veggie



Aubergine (1)



Red Onion (1)



Garlic Clove (1)



Rosemary (½ bunch)



Tomato Passata (1 carton)



Water (100ml)



Vegetable Stock Pot (½)



Courgette (1)



Flat Leaf Parsley (1 bunch)



Black Olives (30g)



Goat's Cheese (1 roll)



Borlotti Beans (1 tin)

## 2 PEOPLE INGREDIENTS

- Aubergine, sliced **1**
- Red Onion, sliced **1**
- Garlic Clove, grated **1**
- Rosemary, chopped **½ bunch**
- Tomato Passata **1 carton**
- Water **100ml**

**Allergens:** Milk, Celery, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	494 kcal / 2034 kJ	29 g	18 g	28 g	13 g	32 g	4 g
<b>Per 100g</b>	88 kcal / 364 kJ	5 g	3 g	5 g	2 g	6 g	1 g

- Vegetable Stock Pot **½**
- Courgette, chopped **1**
- Flat Leaf Parsley, chopped **1 bunch**
- Black Olives, chopped **30g**
- Goat's Cheese **1 roll**
- Borlotti Beans **1 tin**



Our fruit and veggies may need a little wash before cooking!

### Did you know...

In Renaissance Italy the aubergine was called a mala insana or 'crazy apple'.

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

2



**1** Start by preheating your grill to its highest setting. Remove the very top and bottom off the **aubergine**. Slice your **aubergine** into 1cm thick circles.

**2** Line a baking tray with foil and drizzle on a glug of **oil**. Smear the **oil** all over the foil and then put your **aubergine slices** onto your baking tray. Season with a good pinch of **salt** and a generous grind of **black pepper**. Turn your **aubergine** over and repeat on the other side. Pop your **aubergine** under your grill and cook for 7 mins or until the flesh is nicely browned (see picture 3).

**3** Turn your **aubergine** when golden and grill on the other side for another 5 mins. When both sides are browned, remove from your grill and keep to one side.

3



**4** Cut the **red onion** in half through the root. Peel and then slice into half moon shapes as thinly as you can. Peel and grate the **garlic** (or use a garlic press if you have one). Pull the **rosemary leaves** from their stalks. Discard the stalks and finely chop the **leaves**.

**5** Heat a saucepan over medium heat and add a glug of **oil**. Add your **onion** and cook for 5 mins. After 5 mins, add your **garlic** and half your **rosemary** and cook for 1 minute more. Add the **tomato passata** and bring to the boil.

5



**6** Pour in the **water** (amount specified in the ingredient list) and add the **vegetable stock pot**. Stir well to dissolve your **stock pot** and then reduce the heat to low. Simmer for 15 mins or until your **sauce** has reduced by half and thickened nicely.

**7** Remove the top and bottom off the **courgette** and then cut lengthways into four strips. Chop each strip into 1cm chunks. Add these to your **sauce** for the last 10 mins of cooking time or until soft enough to eat.

**8** Roughly chop the **parsley**, finely chop the **black olives** and then slice each **goat's cheese** roll into six even rounds. Drain the **borlotti beans** in a sieve, rinse under cold water and keep to one side.

7



**9** When your **sauce** has been cooking for 15 mins, taste and add more **salt** and **black pepper** if necessary, then stir in your **borlotti beans**. Cook for 1 minute and then add in your **parsley**.

**10** Pour your **sauce** into an ovenproof dish and then top with your **aubergine slices**. Lay your **goat's cheese** on top and then pop under your grill for 3-5mins or until your **goat's cheese** is golden and bubbling. Finish by sprinkling over your **black olives** and remaining **rosemary**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!