



# Middle Eastern Style Aubergine & Pepper Harissa Tacos with Feta and Wedges

N° 24

**CLASSIC** 30 Minutes • Little Heat • 2.5 of your 5 a day • Veggie



Aubergine



Red Pepper



Ground Cumin



Potato



Mixed Beans



Mint



Garlic Clove



Tomato Purée



Vegetable Stock Powder



Harissa Paste



Natural Yoghurt



Feta Cheese



Soft Shell Tacos



## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Two Baking Trays, Colander, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Red Pepper**	1	1	2
Ground Cumin	1 small pot	1 large pot	1 large pot
Potato**	1 small pack	1 large pack	2 small packs
Mixed Beans	1 carton	1½ cartons	2 cartons
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Tomato Purée	1 sachet	2 sachets	2 sachets
Water for the Beans*	100ml	150ml	200ml
Vegetable Stock Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
Harissa Paste	1 sachet	1½ sachets	2 sachets
Natural Yoghurt <b>7)**</b>	75g	100g	150g
Feta Cheese <b>7)**</b>	1 block	1½ blocks	2 blocks
Soft Shell Tacos <b>13)</b>	6	9	12

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	815g	100g
Energy (kJ/kcal)	3625 /867	445 /106
Fat (g)	26	3
Sat. Fat (g)	12	1
Carbohydrate (g)	119	15
Sugars (g)	19	2
Protein (g)	34	4
Salt (g)	3.35	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 10) Celery 13) Gluten

Take a look at your ingredient packaging for further information on allergens and traces of allergens!

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Get Prepped

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve the strips widthways. Pop the **aubergine** and **pepper** on a large baking tray, nicely spread out. Drizzle with **oil** and sprinkle over the **ground cumin**. Season with **salt** and **pepper**, then toss to coat. Set aside.



## 4. Make the Beans

While everything cooks, heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **tomato purée** and the **garlic** and fry until fragrant, 1 minute. Pour in the **water** (see ingredients for amount), **veg stock powder**, **mixed beans** (both whole and crushed) and the **harissa paste** (add less if you don't like heat). Season with **salt** and **pepper**, bring to the boil and simmer until thickened, 5-7 mins.



## 2. Roast the Wedges

Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out. Pop the **aubergine** and **pepper** on the middle shelf to roast until golden and tender, 25-30 mins. Turn both halfway through cooking.



## 5. Yoghurt Time!

Meanwhile pop the **yoghurt** in a small bowl and add the **mint**. Season with **salt** and **pepper**, stir together and set aside. Crumble the **feta** into small pieces. Pop the **tacos** in the oven to warm through for the last 2 mins of wedge cooking time. Once cooked, taste the **beans** and add **salt** and **pepper** if you feel it needs it. **TIP:** Add a splash of water if they've dried out too much.



## 3. Finish the Prep

Meanwhile, drain and rinse the **mixed beans** in a colander, put **half** of them in a bowl and mash with a fork until broken up. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press).



## 6. Assemble!

Put a dollop of **yoghurt** on the base of each **taco** and spread it out. Top with the **harissa beans**, a handful of **aubergine** and **pepper** and the **feta**. Serve the **wedges** and any remaining **yoghurt** on the side to dip them in.

Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.