



ROASTED AUBERGINE

with Quinoa, Halloumi and Cherry Tomato Salsa



HELLO AUBERGINE

The Greek name for aubergine is 'melitzana' which means 'apple of madness'!



Vegetable Stock Pot



Quinoa



Aubergine



Ground Coriander



Baby Plum Tomatoes



Flat Leaf Parsley



Hazelnuts



Balsamic Vinegar



Halloumi

MEAL BAG

35 mins

2 of your 5 a day

Veggie

For when you're short of time but craving a dish that'll give you a little bit of a health kick, make this delicious recipe your go to. Roasting the spiced aubergine at a high heat will make it lovely and crispy on the outside and soft and juicy on the inside. Served alongside protein-rich quinoa, tomato salsa and golden halloumi, you'll have a hard time deciding which ingredient you love most.

BEFORE YOU START

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



1 MAKE THE STOCK

Preheat your oven to 200°C. Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil on medium-high heat. Add the **vegetable stock pot** and stir to dissolve. Tip the **quinoa** into a sieve and rinse with cold water.



2 ROAST THE AUBERGINE

Remove the stalk top from the **aubergine**, halve lengthways and chop into wedges about the length and width of your index finger. Place on a lined baking tray in a single layer. In a small bowl, mix the **ground coriander** with the **oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Drizzle this over the **aubergine**, make sure it gets a good coating. Roast on the middle of your oven until crispy, 20-25 mins.



3 COOK THE QUINOA

Meanwhile, add the **quinoa** to the boiling **stock**, stir and reduce the heat to medium. Bubble away until the **seeds** have split, the **quinoa** has tripled in volume and is tender enough to eat, 15 mins. When cooked, drain in the sieve, pop back into your pan and cover with a lid to keep warm.



4 SALSA TIME!

Halve the **baby plum tomatoes** and put in a bowl. Finely chop the **parsley** (stalks and all). Pierce the bag the **hazelnuts** are in, then bash them in their bag with the bottom of a frying pan or rolling pin until lightly crushed. Add the **parsley** and **hazelnuts** to the **tomatoes** along with the **balsamic vinegar** and **oil**. Add a pinch of **salt** and **pepper** and mix together. Keep to one side.



5 FRY THE HALLOUMI

Cut the **halloumi** into four slices per person. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, lay in the **halloumi slices** and cook until golden, 3-4 mins on each side. Then remove from the pan and set aside.



6 FINISH AND SERVE

Serve the **quinoa** in bowls and top with the **roasted aubergine** and **half the tomato salsa**. Place the **halloumi** slices on top and spoon over the remaining **salsa**. **Enjoy!**

2 PEOPLE INGREDIENTS

Water*	500ml
Vegetable Stock Pot 10) 14)	1
Quinoa	120g
Aubergine, chopped	1
Ground Coriander	1½ tsp
Olive Oil for the Aubergine*	2 tbsps
Baby Plum Tomatoes, halved	1 punnet
Flat Leaf Parsley, chopped	1 small bunch
Hazelnuts, crushed 2)	25g
Balsamic Vinegar 14)	1 tbsps
Olive Oil for the Salsa*	1 tbsps
Halloumi, sliced 7)	1 block

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 667G	PER 100G
Energy (kcal)	954	195
(kJ)	3989	817
Fat (g)	64	13
Sat. Fat (g)	22	5
Carbohydrate (g)	52	11
Sugars (g)	20	4
Protein (g)	43	9
Salt (g)	5.67	1.16

ALLERGENS

2) Nut 7) Milk 10) Celery 14) Sulphites

Balsamic Vinegar: Concentrated grape must, Wine vinegar (contains **sulphites**)

Halloumi: Blend of Cow's, sheep's and goat's **milk**, salt, micro rennet, mint.

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

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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