



ROASTED AUBERGINE & CHICKPEAS

with Pearl Barley Jumble and Feta

BALANCED RECIPE



HELLO ROCKET

Rocket is a leafy green vegetable, which is low in calories and can also be considered a cruciferous vegetable. Compared to other leafy greens such as Kale, rocket is higher in calcium.



Vegetable Stock Powder



Pearl Barley



Chickpeas



Aubergine



Baby Plum Tomatoes



Coriander



Lemon



Diced Sweet Potato



Ground Cumin



Harissa Spice Mix



Rocket



Feta Cheese

MEAL BAG 8

40 mins

3 of your 5 a day

Veggie

Balanced

Under 550 calories

Low in sugar

A delicious mix of roasted sweet potato, tomatoes and aubergine, crunchy chickpeas, pearl barley and creamy feta, this bountiful bowl of goodness is the perfect thing to fill you up after a long day. Seasoned with flavours like our harissa spice mix and cumin, served with peppery rocket and finished off with a squeeze of fresh lemon, this healthy but hearty dish is a real weeknight winner.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Sieve**, **Fine Grater** and two **Baking Trays**. Now, let's get cooking!



1 COOK THE BARLEY

Preheat your oven to 200°C. Bring a large saucepan of water to the boil over high heat. When boiling, stir in and dissolve the **stock powder**. Stir in the **pearl barley**. Bring back to the boil then reduce the heat slightly and cook until tender, 25-30 mins. Once cooked, drain in a sieve and return to the pan. Cover with a lid to keep warm until everything else is ready.



2 PREP TIME

In the meantime, drain and rinse the **chickpeas** in a sieve. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop them in half. Halve the **tomatoes**. Roughly chop the **coriander** (stalks and all). Zest and quarter the **lemon**.



3 TRAY THEM UP!

Lightly **oil** two baking trays. Pop the **diced sweet potato** and **chickpeas** onto one and drizzle on another splash of **oil**. Sprinkle over the **ground cumin**, **harissa spice mix** (use less if you're not a fan of heat) and a pinch of **salt**. Toss to combine. Pop the **aubergine** and **tomatoes** onto the other baking tray then season with **salt** and **pepper**. Drizzle over some **oil**.



4 ROAST THE VEGGIES

Place both trays in the oven, the **chickpeas** on the middle shelf and the **veggies** on the top. Cook until the **chickpeas** are crunchy and the **veggies** are tender and coloured, 20-25 mins. Turn halfway through cooking.



5 COMBINE

When everything is ready, gently mix all the **roasted veggies** and the **chickpeas** through the drained **pearl barley**. Mix in the **lemon zest**, **coriander** and a squeeze of **lemon juice**. Season to taste with **salt** and **pepper**.



6 FINISH AND SERVE

Pop the **rocket** into a large bowl and squeeze over a little **lemon juice**, toss to combine. Share the **jumble** between your plates and crumble over the **feta**. Serve the **rocket** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Vegetable Stock	1	1½	2
Powder 10)	sachet	sachets	sachets
Pearl Barley 13)	75g	115g	150g
Chickpeas	1 carton	1½ cartons	2 cartons
Aubergine *	1	1½	2
Baby Plum Tomatoes	1 small punnet	¾ large punnets	1 large punnets
Coriander *	1 bunch	1 bunch	1 bunch
Lemon *	1	1	2
Diced Sweet Potato *	1 small pack	1 medium pack	1 large pack
Ground Cumin	1 small pot	¾ large pot	1 large pot
Harissa Spice Mix	1 small pot	¾ large pot	1 large pot
Rocket *	1 bag	1 bag	2 bags
Feta Cheese 7) *	½ block	¾ block	1 block

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 641G	PER 100G
Energy (kJ/kcal)	2243 / 536	350 / 84
Fat (g)	16	2
Sat. Fat (g)	7	1
Carbohydrate (g)	72	11
Sugars (g)	12	2
Protein (g)	22	3
Salt (g)	2.15	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 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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