



SILKY OVEN-ROASTED EGGPLANT

with an Herb and Meyer Lemon Dressing over Tri-Color Quinoa



HELLO

MEYER LEMON

A hybrid of a lemon and an orange, it has a mellow acidity and fragrant zest

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 530



Eggplant



Tri-Color Quinoa



Mint



Meyer Lemon



Sour Cream
(Contains: Milk)



Red Onion



Peas



Cilantro



Chili Flakes



Feta Cheese
(Contains: Milk)

START STRONG

If you love the unique flavor of Meyer lemon, go ahead and add some of the zest to the crema, too.

BUST OUT

- Baking sheet
- Small pot
- Zester
- 2 Small bowls
- Olive oil (7 tsp | 14 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

• Eggplant	1 2
• Red Onion	1 1
• Tri-Color Quinoa	½ Cup 1 Cup
• Peas	4 oz 8 oz
• Mint	¼ oz ¼ oz
• Cilantro	¼ oz ¼ oz
• Meyer Lemon	1 2
• Chili Flakes 	1 tsp 1 tsp
• Sour Cream	2 TBSP 4 TBSP
• Feta Cheese	½ Cup 1 Cup

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1 PREP AND ROAST VEGGIES

Wash and dry all produce. Preheat oven to 425 degrees. Halve **eggplant** lengthwise, then cut into 1-inch-thick wedges. Halve, peel, and cut **onion** into ½-inch wedges. Toss eggplant and onion on a baking sheet with a drizzle of **olive oil**. Season with **salt** and **pepper**. Roast in oven until browned, about 25 minutes.



4 MAKE DRESSING

In another small bowl, whisk chopped **mint**, **cilantro**, half the **lemon juice**, a pinch of **lemon zest**, and **2 TBSP olive oil**. Season with **salt**, **pepper**, and a pinch of **chili flakes** (to taste).



2 COOK QUINOA

Meanwhile, put **1½ cups water** and a pinch of **salt** in a small pot and bring to a boil. Once water is boiling, add **quinoa**. Reduce to a simmer and cover. Cook until quinoa is tender and water is absorbed, about 15 minutes. Stir in **peas** and remove from heat. Keep covered until rest of meal is ready.



5 MAKE CREMA

Add **sour cream** and **2 TBSP water** to the bowl with the remaining **lemon juice** and combine. Season with **salt**, **pepper**, and a pinch of remaining **chili flakes** (to taste).



3 PREP HERBS

Pick **mint leaves** from stems. (**TIP:** Stems can be added to the quinoa for flavor. Discard before serving.) Finely chop **mint leaves** until you have 1 TBSP. Finely chop **cilantro** and its stems. Zest **lemon**, then squeeze juice into a small bowl.



6 FINISH

Fluff **quinoa** with a fork, then divide between plates. Top with **eggplant** and **onion**. Sprinkle with **feta cheese**, then spoon **crema** and **dressing** on top.

MINTY FRESH!

That herb dressing brings a blast of fresh greens.