



POWERHOUSE EGGPLANT POLENTA

with Zucchini and Walnut Salsa



HELLO

WALNUT SALSA

You'll go nuts for this topping with mega crunch and incredible flavor.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 710



Parmesan Cheese
(Contains: Milk)



Zucchini



Thyme



Milk
(Contains: Milk)



Polenta



Walnuts
(Contains: Tree Nuts)



Eggplant



Tuscan Heat Spice



Veggie Stock Concentrate

START STRONG

If the polenta becomes stiff, add a few splashes of water to loosen it up.

BUST OUT

- Small bowl
- Baking sheet
- Medium pot
- Olive oil (7 tsp | 14 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|----------------------------|-----------------|
| • Walnuts | 1 oz 2 oz |
| • Parmesan Cheese | ½ Cup 1 Cup |
| • Eggplant | 1 2 |
| • Zucchini | 1 2 |
| • Tuscan Heat Spice 🌶️ | 1 TBSP 2 TBSP |
| • Thyme | ¼ oz ¼ oz |
| • Veggie Stock Concentrate | 1 2 |
| • Milk | 1 Cup 2 Cups |
| • Polenta | ½ Cup 1 Cup |

HELLO WINE



PAIR WITH

Tornambe Piedmont
Barbera d'Asti, 20114

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1 CHOP WALNUTS

Wash and dry all produce. Preheat broiler to high. Roughly chop walnuts.



2 MAKE WALNUT SALSA

In a small bowl, combine walnuts and half the Parmesan. Stir in 2 TBSP olive oil. Season with salt and pepper.



3 PREP VEGGIES

Cut eggplant into ½-inch cubes. Cut zucchini into 2-inch lengths, then cut each piece into thin wedges.



4 ROAST VEGGIES

Toss eggplant and zucchini on baking sheet with a pinch of salt, a drizzle of olive oil and Tuscan heat spice (to taste—it's spicy). Broil until tender and lightly browned, 10-12 minutes, tossing halfway through.



5 COOK POLENTA

Strip thyme leaves from stems; discard stems. Place thyme leaves, stock concentrate, milk, 1 cup water and 2 TBSP butter in a medium pot. Bring to a gentle boil over medium-high heat, then lower heat and reduce to a simmer. Stir in polenta. Cook, stirring constantly, until polenta is thick and oozy, 5-7 minutes. Stir in remaining Parmesan. Season with salt and pepper.



6 PLATE AND SERVE

Divide polenta between plates. Top with veggies and drizzle with walnut salsa.

SPECIAL SAUCE!

That salsa is delicious on top of virtually any roasted veggie.

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