



Everything
But The Chef

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Roast Eggplant with Tahini Yoghurt

This delicious eggplant recipe is an ode to the Middle East; a culinary playground full of sesame, citrus and spice! Rich roasted eggplant doused in nutty tahini and a lemon sumac dressing is the stuff your dreams are made of. Enjoy the lot with fluffy couscous, roasted sweet potato and herbs - yum! You'll be wishing there was more after your first mouthful. Our advice? Be choosy about who you share this one with.

Prep: 10 mins
Cook: 40 mins
Total: 50 mins
spicy
level 1
low sodium

Pantry Items

Olive Oil
 Boiling Water

Garlic	Sumac	Lemon	Eggplant	Sweet Potato	Yoghurt
Tahini	Mint	Long Red Chilli	Red Onion	Couscous	

2P	4P	Ingredients	
1 clove	2 cloves	garlic, peeled & crushed	⊕
2 tsp	1 tbs	sumac	
½	1	lemon, zested & juiced	⊕
1 ½ tbs	3 tbs	olive oil *	
1	2	eggplant, halved lengthways	
400 g	800 g	sweet potato, cut into 1 cm cubes	
1 tub	2 tubs	yoghurt	
1 tbs	2 tbs	tahini	
½ bunch	1 bunch	mint, finely chopped	⊕
1	2	long red chilli, deseeded & finely chopped	
½	1	red onion, finely chopped	⊕
½ cup	1 cup	couscous	
½ cup	1 cup	boiling water *	

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2410	Kj
Protein	18.7	g
Fat, total	15.3	g
-saturated	3.2	g
Carbohydrate	85.9	g
-sugars	19.5	g
Sodium	172	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimer: Sweet potatoes come in all shapes and sizes, we may over supply you but please use the weight stated for this recipe.



You will need: chef's knife, chopping board, garlic crusher, zester, whisk, two medium bowls, pastry brush, oven tray lined with baking paper, two small bowls, and cling wrap.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 In a medium bowl, whisk the **garlic**, half of the **sumac**, half of the **lemon juice** and one third of the **olive oil** until well combined. Brush all of the mixture on to the cut side of the **eggplant halves** and then place cut side up on one half of the lined oven tray. Season with **salt** and **pepper**. Cook the eggplant in the oven for **10 minutes**.



3 In the same bowl, toss the **sweet potato** in half of the remaining olive oil. Season with salt and pepper and add to the tray with the eggplant. Cook both the sweet potato and eggplant for a further **30 minutes** or until golden and tender.

4 Meanwhile, combine the **yoghurt**, **tahini**, remaining lemon juice and half of the **lemon zest** in a small bowl. Season to taste with salt and pepper and set aside.



5 In a separate bowl, combine the **mint**, **long red chilli**, **red onion**, remaining sumac and remaining olive oil.

6 Place the **couscous** in a medium bowl and pour over the **boiling water**. Stir with a fork and immediately cover the bowl with cling wrap and set aside for **5 minutes**. Remove the cling wrap and fluff the couscous with a fork. Stir through the remaining lemon zest, a drizzle of olive oil and the roast sweet potato. Season to taste with salt and pepper.



7 To serve, divide the couscous between plates. Top with the eggplant halves, a smear of tahini yoghurt and top with the mint and chilli dressing.

Did you know? The earliest recorded use of sesame seeds comes from an Assyrian myth which claims that the gods drank sesame wine before creating the Earth.