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Harissa Eggplant with Tomato & Almond Couscous

Our ode to Valentine's Day is a fragrant dish which hums with fresh mint, fiery harissa and rich nutty roast almonds. The secret to this is recruiting a helper to make light work of your tasks. So grab a loved one, put on your favourite soppy love song and get cooking. Divide this sumptuous tomato couscous salad into bowls and enjoy some spice with this creamy fierce eggplant.



Prep: 10 mins Cook: 45 mins Total: 55 mins



level 1



low sodium



extra spicy

Pantry Items





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Butter



Eggplant



Harissa Paste



Cherry Tomatoes



Yoghurt









Mint Couscous

Roasted Almonds

Parsley

2P	4P	Ingredients
1	2	eggplant, halved
1-2 tsp	2-3 tsp	harissa paste
2 tsp	1 tbs	olive oil *
1 punnet	2 punnets	cherry tomatoes, halved
1 tub	2 tubs	yoghurt
1 bunch	2 bunches	mint, finely chopped
½ cup	1 cup	couscous
½ cup	1 cup	boiling water *
1 tsp	2 tsp	butter *
⅓ cup	½ cup	roasted almonds, coarsely chopped
1 bunch	2 bunches	parsley, roughly chopped

May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2050	Kj
Protein	17.8	g
Fat, total	17.7	g
-saturated	3.6	g
Carbohydrate	60.1	g
-sugars	12.1	g
Sodium	107	mg

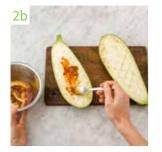
Measuretool

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You will need: chef's knife, chopping board, 2 small bowls, heatproof bowl, oven tray lined with baking paper and cling wrap.

- Preheat the oven to 200°C/180°C fan forced.
- 2 Score a criss cross pattern in the cutside of the **eggplant halves**. Combine the **harissa paste** (be careful, this can be hot!) with half of the **olive oil**. Rub the harissa mixture into the flesh and then place, cutside up, on one half of the prepared oven tray. Cook in the oven for **20 minutes**. Toss the **cherry tomatoes** in the remaining olive oil and place on the other side of the prepared tray. Season with **salt** and **pepper** and place the tray back in the oven and cook for a further **20 minutes**.



- 3 Meanwhile, combine the **yoghurt** and **mint**. Season with salt and pepper and set aside.
- 4 Place the **couscous** in a heatproof bowl. Pour the **boiling water** over the couscous, stir with a fork, and then cover the bowl tightly with cling wrap, leave to sit for **5 minutes**. Remove the wrap and fluff the couscous with a fork. Stir through the **butter**, **roasted almonds** and **parsley**. Gently stir through the roast tomatoes.



5 To serve divide the tomato couscous between plates. Top with the eggplant and a good dollop of the minted yoghurt.



Did you know? Harissa is also the name of a mountain village in Lebanon.