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WK44
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Fetta and Walnut Stuffed Eggplants with Mixed Salad Leaves

These perfect packages of eggplant are bursting at the seams with tasty fillings; from spiced cumin and paprika flesh to walnuts and creamy fetta cheese, make sure you let your stuffed halves get nice and golden for the perfect crispy finish.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



low sodium

Pantry Items



Olive Oil



Eggplant



Red Onion



Cumin & Paprika
Spice Mix



Garlic



Walnuts



Roma Tomatoes



Panko
Breadcrumbs



Fetta Cheese



Parsley



Mixed Salad Leaves

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2P	4P	Ingredients
1	2	eggplant, sliced in half lengthways
1 ½ tbs	3 tbs	olive oil *
½	1	red onion, finely chopped
½ sachet	1 sachets	cumin & paprika spice mix
1 clove	2 cloves	garlic, peeled & crushed
1 packet	2 packets	walnuts, roughly chopped
1	2	roma tomato, diced
½ packet	1 packet	panko breadcrumbs
1 block	2 blocks	fetta cheese, crumbled
½ bunch	1 bunch	parsley, leaves picked & roughly chopped
½ bag	1 bag	mixed salad leaves

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2170	Kj
Protein	16.8	g
Fat, total	31.5	g
-saturated	6.8	g
Carbohydrate	39.9	g
-sugars	10.3	g
Sodium	388	mg

2a



You will need: *chef's knife, chopping board, garlic crusher, small spoon, aluminum foil, oven tray lined with baking paper, medium frying pan, wooden spoon and medium bowl.*

1 Preheat the oven to **220°C/200°C** fan-forced.

2 Using a small spoon, scoop out the flesh of the **eggplant** halves leaving a 1 cm border around the edges. Roughly chop the flesh and set aside for later. Drizzle the inside of the eggplant halves with a third of the **olive oil**. Season generously with **salt** and **pepper**. Wrap each eggplant half tightly in aluminium foil and place on the prepared oven tray. Cook the eggplant in the oven for **20 minutes**, or until soft and slightly collapsing.

2b



3 Meanwhile, heat a medium frying pan over a medium-high heat. Cook the **red onion** for **4-5 minutes**, or until softened. Add the **cumin & paprika spice mix**, **garlic** and **walnuts** and cook for a further **1 minute**, or until fragrant. Add in the reserved eggplant flesh and **roma tomato** and continue cooking for **4-5 minutes**, or until the eggplant is soft. Remove the frying pan from the heat and transfer the mixture to a medium bowl.

4



4 Add the **panko breadcrumbs**, **fetta cheese**, **parsley** and remaining olive oil to the mixture in the bowl. Season to taste with salt and pepper. Stir to combine.

5



5 Spoon the crumb mixture into the cooked eggplant shells and return to the oven. Cook for **5-10 minutes**, or until slightly golden and crispy on top.

6 To serve, divide the eggplant and **mixed salad leaves** between plates. Enjoy!