

# 5

## COMMON MISTAKES TO AVOID WHEN COOKING

We've all erred in the kitchen before. For some cooking tips that will really save you in a pinch though, we've compiled our 5 common mistakes to avoid when cooking. Because we've always got your back.

### 1

#### Leaping in the shallow end of the pool

The first mistake that spells disaster in the kitchen is to jump in half-baked. Cooking really is a bit like a science experiment, and woe betide the scientist who begins an experiment with no clue as to how she will finish. Just as a good researcher would never just turn on the bunsen burner and figure it out from there, a good cook never starts without reading the recipe! Reading the recipe all the way through, preparing your ingredients ahead of time, and making sure you have enough time to cook are the cornerstones to avoiding mistakes down the track.

### 2

#### Not tasting as You Go

Not just science, good cooking is intuitive, is art. To jump with gay abandon from one metaphor to another, to not taste your concoction as you go is to paint a canvas blindfolded. Tasting your food as you go (yep, even cake batter!) helps you better understand the effect of adding a pinch of salt or a squeeze of lemon to the taste of your food. It also means that if you make a small mistake when you're cooking, you can adjust and fix it before it's too late!

### 3

#### Overcrowding the Pan

When we pan fry things, we want a little fat and a high heat to combine and create a Maillard reaction, caramelising, browning and generally making everything tasty. When you overcrowd a pan, too much moisture can become trapped in the pan. This causes things to start steaming and sweating – exactly what you don't want. If in doubt, try cooking things in a pan in batches – the extra time will be worth the far superior result, we promise.

### 4

#### Using cheap substitutes for the Real Thing

*see: lemon juice, vanilla extract, garlic*

We're all for shaving down time spent in the kitchen, but a classic mistake is to try to take a shortcut when it's really not necessary. When it comes to big flavours that are the centrepiece of a dinner or cake, there's nothing to be gained from not going for the real thing. Do yourself a favour and ditch bottled lemon juice, 'imitation vanilla', jarred garlic – trust us, the real thing cannot be imitated. Real represent real!

### 5

#### Pasta in a thimble. Perish the thought

If your spaghetti is forever clumping together, the problem is probably that you're not letting the pasta 'swim'. The golden rule for pasta is that for every 100g of pasta, you should be boiling in 1 litre of water. It might seem like a lot, but upping the amount of water and the size of the pot you cook your pasta in is the way to avoid this common mistake of lumpy, clumpy fettuccine.

Happy Cooking!



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## Roast Eggplant with Tahini Yoghurt

We've given eggplant the royal treatment on your plate tonight, serving it up in a huge, regal slice. Courtiers tahini and yoghurt conspire together to play a part in the festivities, all top a bed of jewelled couscous. Long live the Eggplant!



**Prep:** 15 mins  
**Cook:** 40 mins  
**Total:** 55 mins



level 1



low sodium



spicy

### Pantry Items



Olive Oil



Water



Garlic



Sumac



Lemon



Eggplant



Sweet Potato



Greek Yoghurt



Tahini



Couscous



Red Onion



Long Red Chilli



Mint

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2P	4P	Ingredients	
1 clove	2 cloves	garlic, peeled & crushed	⊕
1 tsp	2 tsp	sumac	
½	1	lemon, zested & juiced	⊕
1 ½ tbs	3 tbs	olive oil *	
1	2	eggplant, halved lengthways	🍃
200 g	400 g	sweet potato, unpeeled & cut into 1 cm cubes	
½ tub	1 tub	Greek yoghurt	⊕
1 tub	2 tubs	tahini	
3 tbs	6 tbs	warm water *	
½ cup	1 cup	couscous	
½ cup	1 cup	boiling water *	
½	1	red onion, finely chopped	⊕
1	2	long red chilli, finely chopped	
1 bunch	2 bunches	mint, finely chopped	

⊕ Ingredient features in another recipe

\* Pantry Items

🍃 Pre-preparation

#### Nutrition per serve

Energy	2390	Kj
Protein	18.6	g
Fat, total	18.9	g
-saturated	3.7	g
Carbohydrate	76.2	g
-sugars	18.3	g
Sodium	124	mg



**You will need:** *garlic crusher, zester, chef's knife, chopping board, large bowl, whisk, pastry brush, oven tray lined with baking paper, small bowl, medium bowl, plastic wrap, fork, and a medium frying pan.*

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

**2** In a large bowl, whisk the **garlic**, **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. Set the bowl aside for later and cook both the sweet potato and eggplant for a further **30 minutes** or until golden and tender.

**4** Meanwhile, combine the **Greek yoghurt**, **tahini**, remaining lemon juice and half of the **lemon zest** in a small bowl. Adjust the consistency with the **warm water** until a drizzle consistency is reached. Season to taste with salt and pepper and set aside.

**5** Place the **couscous** in the reserved large 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.

**6** While the couscous is cooking, heat the remaining olive oil in a medium frying pan over a medium-high heat. Add the **red onion** and cook for **3 minutes** or until soft. Add the **long red chilli** and continue cooking for **1 minute**. Transfer the contents of the pan to the couscous with the sweet potato, **mint** and the remaining lemon zest. Season to taste with salt and pepper and stir to combine.

**7** To serve, divide the couscous between plates. Top with the eggplant halves and drizzle with the tahini yoghurt. Yum!



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## Bollywood Lentil Burger with Baked Zucchini Chips

Showing at a kitchen near you, it's our tribute to Bollywood! This mix of subcontinental flavours and the convenience of the western burger will have the crowd going wild. We've reinvented chips too, turning zucchini into an addictive side. This meal will have you singing and dancing well into the night.



**Prep:** 15 mins  
**Cook:** 25 mins  
**Total:** 40 mins



level 2



high fibre

### Pantry Items



Olive Oil



Egg



Plain Flour



Zucchini



Bake-At-Home  
Sourdough Burger Buns



Red Onion



Garlic



Tandoori Paste



Lentils



Fine Breadcrumbs



Tomato



Gem Lettuce



Greek Yoghurt

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2P	4P	Ingredients
2	4	zucchini, cut into chips
1 tbs	2 tbs	olive oil *
2	4	bake-at-home sourdough burger buns, left whole
½	1	red onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
3 tsp	6 tsp	Tandoori paste (recommended amount)
1 tin	2 tins	lentils, drained & rinsed
¼ cup	½ cup	fine breadcrumbs
1	2	egg, lightly whisked *
1 tbs	2 tbs	plain flour *
1	2	tomato, sliced
1 head	2 heads	gem lettuce, washed & chopped
½ tub	1 tub	Greek yoghurt

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2570	Kj
Protein	29.9	g
Fat, total	19.2	g
-saturated	4.1	g
Carbohydrate	68.6	g
-sugars	13.7	g
Sodium	866	mg



**You will need:** *chopping board, chef's knife, garlic crusher, strainer, whisk, baking paper lined oven tray, medium frying pan, stirring spoon, bowl, potato masher and spatula.*

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

**2** Place the **zucchini** in a single layer on the prepared oven tray and toss in half of the **olive oil**. Season with **salt** and **pepper**. Cook in the oven for **25 minutes** or until golden and tender. Add the **bake-at-home sourdough burger buns** to the oven for the last **5 minutes**.

**3** Meanwhile, heat the remaining olive oil in a medium frying pan over a medium heat. Add the **red onion** and cook for **3 minutes** or until soft. Add the **garlic** and **Tandoori paste**. Cook, stirring, for **1 minute** or until fragrant.

**4** Place the **lentils** and the onion mixture in a bowl and mash with a potato masher. Add the **fine breadcrumbs**, **egg**, and **plain flour** and stir until well combined. Shape into patties (one per person).

**5** Heat a little olive oil in the same frying pan over a medium-high heat. Cook the patties for **4 minutes** on each side or until golden.

**6** To assemble, halve the warm burger buns and layer with the **tomato**, **gem lettuce**, and lentil patty. Dollop with the **Greek yoghurt** and serve with the baked zucchini chips.



**Did you know?** People have been enjoying yoghurt for at least 5,500 years!



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## Haloumi with Green Pearl Barley & Parsley Oil

Chefs, it's time to up your game. This one has a few steps, but we think you'll pick up some tricks to really impress. Pearl barley's a hardworking grain, and it just loves to entertain a crowd. But the real star here is parsley oil. One of our favourites, we can't wait for you to try it!



**Prep:** 15 mins  
**Cook:** 30 mins  
**Total:** 45 mins



level 1



high fibre

### Pantry Items



Olive Oil



Butter



Pearl Barley



Parsley



Lemon



Garlic



Baby Spinach



Broccoli



Spring Onions




Haloumi

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2P	4P	Ingredients
½ cup	1 cup	pearl barley, rinsed
1 bunch	2 bunches	parsley, finely chopped
½	1	lemon, zested & juiced 
2 tbs	4 tbs	olive oil *
2 tsp	1 tbs	butter *
1 clove	2 cloves	garlic, peeled & crushed 
1 bag	2 bags	baby spinach, washed & finely sliced
1 head	2 heads	broccoli, cut into very small florets 
1 bunch	2 bunches	spring onions, finely sliced
1 packet	2 packets	haloumi, cut into 1 cm slices 

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	3130	Kj
Protein	33.6	g
Fat, total	46.9	g
-saturated	22.2	g
Carbohydrate	40.8	g
-sugars	2.4	g
Sodium	1340	mg



**You will need:** sieve, chopping board, chef's knife, zester, garlic crusher, large saucepan, large bowl, cup, paper towel, blender, medium frying pan, stirring spoon and tongs.

**1** Add the **pearl barley** to a large saucepan of lightly salted water and bring to the boil. Cook, stirring occasionally, for **30 minutes** or until soft in texture but slightly chewy. You may need to add more boiling water if it runs dry. Drain and place in a large bowl.

**2** Meanwhile, blanch half of the **parsley** in a cup of boiling water for **30 seconds**. Remove and dry well. Blend the blanched parsley with the **lemon juice** and the **olive oil**. (If you don't have a blender you can just finely chop the parsley and mix everything together). Set aside.

**3** Melt the **butter** in a medium frying pan over a medium-high heat. Add the **garlic**, **baby spinach** and **broccoli** and cook, stirring, for **2-3 minutes** or until softened. Stir the drained pearl barley through the cooked greens with the **lemon zest**, **spring onion** and remaining parsley. Season to taste with **salt** and **pepper**. Remove the mixture from the pan.

**4** Heat a little olive oil in the same frying pan over a medium-high heat. Add the **haloumi** and cook for **1-2 minutes** on each side or until golden.

**5** Divide the green pearl barley between plates. Top with the haloumi slices and drizzle with the parsley oil.



**Did you know?** Compared to other veggies, broccoli boasts one of the highest amounts of calcium.