

Roast Eggplant & Plant-Based Pesto

with Pearl Couscous Salad & Almonds

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Onion



Carrot



Beetroot



Italian Herbs



Eggplant



Garlic & Herb Seasoning



Pearl Couscous



Vegetable Stock Powder



Baby Spinach Leaves



Flaked Almonds



Plant-Based Basil Pesto



Plant-Based Aioli

Prep in: 15-25 mins
Ready in: 30-40 mins

 Plant Based

Roasted until it's juicy and tender on the inside and caramelised on the outside, tonight's dish is all about the eggplant, the perfect plant-based stand in for a steak. Add the finishing touch with some brightly flavoured basil pesto, serve over a delightfully doughy pearl couscous salad, then bring it all together with a drizzle of plant-based aioli for creaminess, plus a sprinkle of flaked almonds for crunch.

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1	2
carrot	1	2
beetroot	1	2
Italian herbs	½ medium sachet	1 medium sachet
eggplant	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
pearl couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
water*	1¾ cups	3½ cups
plant-based butter*	20g	40g
plant-based basil pesto	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
plant-based aioli	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3280kJ (784Cal)	633kJ (151Cal)
Protein (g)	16.8g	3.2g
Fat, total (g)	45.8g	8.8g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	75.4g	14.6g
- sugars (g)	24.2g	4.7g
Sodium (mg)	1299mg	251mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **onion** and **carrot** into bite-sized chunks. Cut **beetroot** into small chunks. Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Italian herbs** (see ingredients) and season with **salt** and **pepper**. Toss to coat. Set aside.
- Cut **eggplant** lengthwise into quarters. Place on a second lined oven tray. Drizzle with **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people), sprinkle with **garlic & herb seasoning** and toss to coat.
- Roast both veggie trays until tender, **20-25 minutes**.



Bring it all together

- When the eggplant is ready, top with **plant-based basil pesto**. Set aside.
- Add **roasted onion, carrot and beetroot, baby spinach leaves** and a drizzle of **white wine vinegar** to the couscous. Toss to combine. Season to taste.



Cook the couscous

- Meanwhile, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. Toast **pearl couscous**, stirring, until golden, **1-2 minutes**.
- Add **vegetable stock powder** and the **water** and bring to the boil.
- Reduce heat to medium, then simmer, stirring occasionally, until couscous is tender and water is absorbed, **10-15 minutes**.
- Remove pan from heat, then stir through the **plant-based butter**. Cover to keep warm.



Serve up

- Divide pearl couscous salad between bowls. Top with pesto roasted eggplant.
- Drizzle with **plant-based aioli**. Sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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