



Harissa Aubergine Parmigiana

with Roast Potatoes and Rocket

23

Calorie Smart 40-45 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories • Veggie



Potatoes



Aubergine



Garlic Clove



Tomato Passata



Vegetable Stock Paste



Harissa Paste



Grated Hard Italian Style Cheese



Wild Rocket



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, garlic press, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Aubergine**	2	3	4
Garlic Clove**	2	3	4
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Harissa Paste 14)	50g	75g	100g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	665g	100g
Energy (kJ/kcal)	2291 /548	345 /82
Fat (g)	22.7	3.4
Sat. Fat (g)	9.6	1.4
Carbohydrate (g)	74.3	11.2
Sugars (g)	22.5	3.4
Protein (g)	16.2	2.4
Salt (g)	2.59	0.39

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **10)** Celery **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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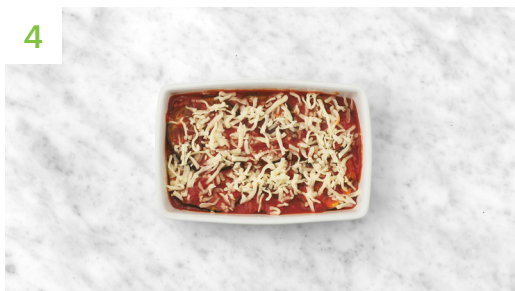


Roast the Aubergine

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel).

Trim the **aubergines**, then slice into **rounds** approximately 1cm thick. Pop the rounds onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer (use two baking trays if necessary).

When the oven is hot, roast the **aubergine** on the top shelf until soft and golden, 20-25 mins. Turn halfway through.



Layer Up

Spoon **half** of the **tomato sauce** into an appropriately sized ovenproof dish and spread out in an even layer.

Lay **half** of the **roasted aubergine rounds** on top, then sprinkle over **half** of the **hard Italian style cheese**.

Repeat this once more with the remaining **sauce**, **aubergine** and **cheese - parmigiana** made!

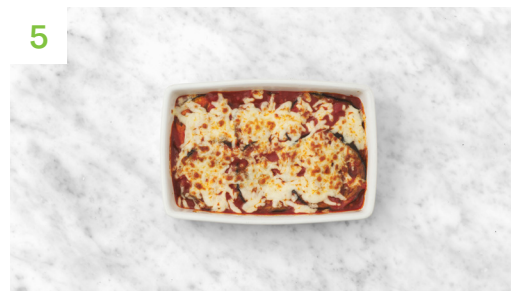


Potato Time

Meanwhile, pop the **potato chunks** onto another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer (use two baking trays if necessary).

Roast on the middle shelf until golden, 30-40 mins. Turn halfway through.

While everything roasts, peel and grate the **garlic** (or use a garlic press).



Into the Oven

When the **potatoes** have about 10 mins left, bake the **parmigiana** on the top shelf of your oven until golden and bubbling, 8-10 mins.



Start the Sauce

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **garlic** and stir-fry, 1 min. Stir in the **passata**, **veg stock paste**, **harissa paste** (add less if you'd prefer things milder) **sugar** and **water for the sauce** (see pantry for both amounts).

Bring the **sauce** to the boil, then reduce the heat and simmer until thickened, 4-5 mins. Stir the **butter** (see pantry for amount) through the **sauce** until melted.



Serve Up

When your **parmigiana** is ready, allow to stand for a couple mins before serving.

Share between your plates with the **roast potatoes** and **rocket leaves** alongside.

Drizzle the **balsamic glaze** over the **leaves** to finish.

Enjoy!