

# Antigone's Grilled Aubergine and Lamb Papoutsakia with Toasted Tomato Bulgur

Classic 40-50 Minutes • 2 of your 5 a day



Aubergine



Garlic Clove



Grated Hard Italian Style Cheese



Bulgur Wheat



Tomato Puree



Chicken Stock Paste



Lamb Mince



Tomato Passata



Red Wine Stock Paste



Ground Cinnamon



Wild Rocket



The Greek word papoutsakia translates to 'little shoes' which is said to reference the appearance of the aubergine. Papoutsakia is a popular dish, consisting of halved aubergine boiled or roasted, its centre scooped out and filled with meats, vegetables and even eggs, topped with béchamel sauce and grilled.

**Pantry Items**

Oil, Salt, Pepper, Butter, Plain Flour, Milk, Sugar

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, baking paper, garlic press, saucepan, bowl, kettle, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Garlic Clove**	2	3	4
Grated Hard Italian Style Cheese** (7) 8)			
Bulgur Wheat (13)	120g	180g	240g
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Lamb Mince**	200g	300g	400g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste (14)	28g	42g	56g
Ground Cinnamon	1 sachet	1½ sachets	2 sachets
Wild Rocket**	20g	40g	40g

Pantry	2P	3P	4P
Butter*	10g	15g	20g
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Milk*	150ml	225ml	300ml
Water for the Bulgur*	220ml	330ml	440ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	658g 2826 /675	100g 430 /103
Fat (g)	25.4	3.9
Sat. Fat (g)	11.1	1.7
Carbohydrate (g)	81.0	12.3
Sugars (g)	20.8	3.2
Protein (g)	36.4	5.5
Salt (g)	3.92	0.60


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

## Allergens

7) Milk 8) Egg 13) Cereals containing gluten 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.

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## Roast your Aubergine

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve the **aubergine** lengthways, keeping the **stem** attached. Score the flesh deeply in a criss-cross pattern, taking care not to cut through the skin. Put the **aubergine** halves, skin-side down, onto a large lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

When the oven is hot, roast the **aubergine** on the top shelf until golden brown and soft (you should be able to mash the flesh), 25-28 mins.

Meanwhile, peel and grate the **garlic** (or use a garlic press).



## Tomato Sauce Time

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **lamb mince** and cook until browned, 5-6 mins. Use spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*

Add the **garlic** and fry for 1 min more.

Stir through the **passata**, **red wine stock paste**, **cinnamon**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring the **sauce** to a boil, the lower the heat and simmer until thickened, 4-5 mins.



## Béchamel Time

Meanwhile, heat a medium saucepan on medium heat.

Melt in the **butter** (see pantry for amount), then add the **flour** (see pantry for amount) and cook, stirring occasionally for 1-2 min.

Gradually add the **milk** (see pantry for amount), season with **salt** and **pepper**, and cook, stirring occasionally until thickened, 2-3 mins.

Once thickened, add the **cheese** until melted - you want the **béchamel** to be thick and spoonable.

Transfer your **béchamel** to a small bowl and set aside for later. Clean out the pan.



## Get Grilling

Meanwhile, once you have removed your **aubergines** from the oven, turn on your grill to its highest temperature.

Using a fork, mash the flesh of the **aubergine** until soft.

Spoon your **lamb mixture** into your **aubergine**. **TIP:** *Don't overfill it - keep any remaining sauce for later.*

Spoon over your **béchamel** and grill until golden and bubbling, 4-5 mins.



## Toast the Bulgur

Boil a half-full kettle. Return the (now empty) saucepan on medium high heat with a drizzle of **oil**.

Once hot, add the **bulgur**, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** *Watch it like a hawk as it can burn easily.*

Next, stir in the **tomato puree** and stir-fry until the **bulgur** is coated, 1-2 mins.

Pour in the **water for the bulgur** (see pantry for amount), stir in the **chicken stock paste** and bring to the boil. Simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## Finish and Serve

Fluff up your **bulgur** with a fork and stir through any remaining **lamb mince** and **sauce**.

Transfer your **aubergine papoutsakia** to your serving plates and serve with your **bulgur** and **rocket** alongside.

Drizzle some **olive oil** over the **rocket** to finish.

Enjoy!