







More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

Aubergine and Chicken Bake with Goat's Cheese

This tasty zahtar spiced chicken bake will bring the warm, earthy flavours of the Middle East to your dinner table tonight. The beans you find in this recipe are a staple in Middle Eastern cuisine and provide a great alternative to carbohydrates like rice or potato. They are packed with fibre which helps stabilise blood sugar and keep your heart and tummy healthy.

 45 mins

 3.5 of your 5 a day

 mealkit

 mild



Aubergine (1)



Red Pepper (1)



Ground Coriander (1½ tsp)



Echalion Shallot (1)



Garlic Clove (1)



Mixed Beans (1 tin)



Chicken Thigh (2)



Zahtar Spice Mix (1½ tsp)



Plum Tomatoes (1 tin)



Chicken Stock Pot (1)




Water (200ml)



Goat's Cheese (1 roll)

2 PEOPLE INGREDIENTS

- Aubergine, sliced **1**
- Red Pepper, sliced **1**
- Ground Coriander **1½ tsp**
- Echalion Shallot, sliced **1**
- Garlic Clove, grated **1**
- Mixed Beans **1 tin**
- Chicken Thigh **2**
- Zahtar Spice Mix **1½ tsp**
- Plum Tomatoes **1 tin**
- Chicken Stock Pot **1**
- Water **200ml**
- Goat's Cheese **1 roll**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

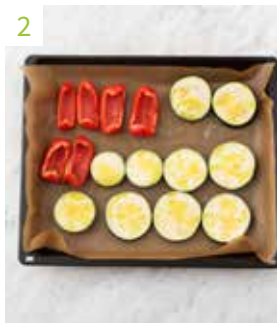
'Tafathalo' is an Arabic word which means 'Do me the honour'. It is an invitation to come to the table.

Allergens: Sesame, Milk.

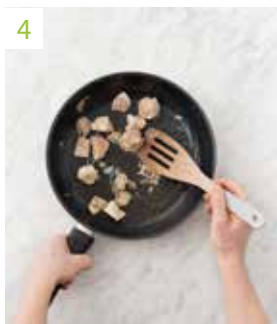
Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	522 kcal / 2156 kJ	26 g	13 g	27 g	14 g	25 g	4 g
Per 100g	90 kcal / 371 kJ	4 g	2 g	5 g	2 g	4 g	1 g

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



1 Preheat your grill to its highest setting. Remove the very top and bottom from the **aubergine** and then slice into 1cm thick discs. Place these on a baking tray, season with a good pinch of **salt** and a drizzle of **oil**. Rub this into your **aubergine** slices and then repeat on the other side. Remove the core from the **red pepper**, cut in half lengthways and then slice each half into three pieces.



2 Add your **pepper** to the baking tray with your aubergine and then pop the tray under the grill. Cook for 12-15 mins, turning halfway through to make sure they don't burn. **Tip:** *You want your pepper and aubergine to be soft and charred at the edges.* When cooked, remove from your grill and sprinkle on the **ground coriander**. Keep to one side.

3 Whilst your aubergine and pepper cooks, get on with the rest of your prep. Cut the **shallot** in half through the root. Peel and then slice into thin half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one). Drain the **mixed beans** in a sieve, rinse under cold water and then keep to one side.



4 Cut the **chicken** into 2cm chunks. Heat a saucepan over medium high heat and add a splash of **oil**. Add your **chicken** and **shallot** to the pan. Cook for 5 mins until your **chicken** is browned and your **shallot** is soft. Next add your **garlic** and the **zahtar spice mix** and cook for 1 minute more.

5 Add the **plum tomatoes** and break them up with a spoon. Stir in the **chicken stock pot** and the **water** (specified in the ingredient list). Bring to the boil and leave your **sauce** to bubble away for 10 mins, or until it has thickened and reduced by two-thirds.

6 As your sauce cooks, keep an eye on your veggies under your grill, and cut the **goat's cheese** into six discs per roll.

7 When your **sauce** is nice and thick, stir in your **mixed beans**. Cook for 5 mins more. Check your **chicken** is cooked through (it should no longer be pink in the middle) and then taste your **sauce**, add **salt** and **black pepper** if necessary. **Tip:** *The chicken is cooked when it is no longer pink in the middle.* Pour your **sauce** into an ovenproof dish. **Tip:** *If the pan is ovenproof, you can use that.*



8 Lay your slices of **aubergine** and **pepper** on top of your **sauce**. **Tip:** *Aim to cover the beans with your aubergine and pepper slices.* Lay on your **goat's cheese**, then pop your dish under the grill for 3-5 mins until your **goat's cheese** is golden and bubbling. Serve in deep bowls and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!