







More Than Food
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Greek Aubergine Ragu with Basil Couscous and Feta

The ancient Greeks are famed for their spectacular mythology, their gods and goddesses and their epic storytelling. But we think their ragu is one of their lesser known treasures. The gentle, warm tang of our tomatoes blends like a charm with ground almonds and aubergines. And when you add the herby basil couscous into the mix ... well - take our word for it, the whole family will love it!



35 mins



veggie



Water (250ml)



Vegetable Stock Pot
($\frac{1}{2}$)



Leek (1)



Garlic Clove (2)



Red Onion ($\frac{1}{2}$)



Couscous (150g)



Aubergine (1)



Tomato Purée
($1\frac{1}{2}$ tsp)



Tomato Passata
($1\frac{1}{2}$ cartons)



Green Olives (2 tbsp)



Ground Almonds
(10g)



Basil ($\frac{1}{2}$ bunch)



Feta Cheese
($\frac{1}{2}$ block)


2 PEOPLE INGREDIENTS

- Water
- Vegetable Stock pot
- Leek, chopped
- Garlic Clove, chopped
- Red Onion, chopped
- Couscous
- Aubergine, chopped

250ml
½
1
2
½
150g
1

- Tomato Purée
- Tomato Passata
- Green Olives
- Ground Almonds
- Basil, chopped
- Feta Cheese

1½ tsp
1½ cartons
2 tbsp
10g
½ bunch
½ block

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

Did you know...

California produces 80% of the world's supply of almonds!

Allergens: Celery, Sulphites, Gluten, Nut, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	619 kcal / 2569 kJ	26 g	9 g	75 g	15 g	27 g	3 g
Per 100g	99 kcal / 409 kJ	4 g	1 g	12 g	2 g	4 g	1 g

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder, Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

3



1 Pre-heat your oven to 200 degrees and boil a pot of **water** (the amount stated in the ingredient list). Stir in the **stock pot** and dissolve. Slice the **leek** in half lengthways then thinly chop widthways. Peel and finely chop the **garlic** and the **red onion**.

4



2 Tip the **couscous** into the **stock** then immediately cover with a tight lid and leave off the heat until the recipe is complete.

3 Slice the **aubergine** in half lengthways. Slice each half lengthways again into at least eight strips. Finely chop the strips widthways before coating in a glug of **olive oil** and a pinch of **salt**. Place on a baking tray on the top shelf of your oven for 20 mins.

4 Heat a splash of **olive oil** in a frying pan on medium-low heat. Cook your **leek**, **garlic** and **onion** for around 5 mins until soft. Add in the **tomato purée** and **tomato passata**. Finally add a pinch of **salt**, the **olives** and a few grinds of **pepper**.

5



5 Once your **aubergine** is cooked add it to your **tomato ragu**. Stir the **ground almonds** into your **ragu** as well.

6 Finely chop three-quarters of the **basil** and mix this into your **couscous**. **Tip:** Use a fork to break up and separate the **couscous**.

7 Serve your **couscous** with your **tomato ragu** on the side, crumble the **feta** on top with your hands and garnish with a bit more **basil**.

6



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