



# Harissa Pork Stuffed Aubergine with Bulgur Wheat and Mint Yoghurt

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

26



Mint



Medium Tomato



Aubergine



Pork Mince



Harissa Paste



Tomato Puree



Garlic Clove



Bulgur Wheat



Chicken Stock Paste



Grated Hard Italian  
Style Cheese



Low Fat Natural  
Yoghurt

**Pantry Items**  
Oil, Salt, Pepper

## 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, frying pan, garlic press, saucepan, tea towel and bowl.

## Ingredients

Ingredients	2P	3P	4P
Mint**	1 bunch	1 bunch	1 bunch
Medium Tomato	1	2	2
Aubergine**	1	1½	2
Pork Mince**	120g	240g	240g
Harissa Paste	50g	75g	100g
Tomato Puree	30g	45g	60g
Garlic Clove**	1	2	2
Bulgur Wheat <b>13</b>	110g	180g	220g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
Low Fat Natural Yoghurt** <b>7</b>	75g	120g	150g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Oil for Cooking*	½ tbsp	½ tbsp	½ tbsp
Water for the Bulgur*	220ml	360ml	440ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>385g</b>	<b>100g</b>
Energy (kJ/kcal)	2443 /584	635 /152
Fat (g)	27.8	7.2
Sat. Fat (g)	8.2	2.1
Carbohydrate (g)	60.8	15.8
Sugars (g)	13.8	3.6
Protein (g)	26.1	6.8
Salt (g)	1.85	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

**Point™ values based on low-cal cooking spray oil.**

## Allergens

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

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, milk, egg, mustard, celery, soya, 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.

## Contact

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## Roast the Aubergine

Preheat your oven to 220°C/200°C fan/gas mark 7. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Cut the **tomato** into 1cm chunks.

Halve the **aubergine** lengthways, keeping the **stem** attached. Score the flesh in a criss-cross pattern, taking care not to cut through the skin.

Put the **halves**, cut-side up, onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

When the oven is hot, roast on the top shelf until softened, 25-28 mins.



## Cook the Bulgur

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

Heat the **oil** (see pantry for amount) in a deep saucepan on medium-high heat. Once hot, add the **garlic** and cook for 1 min.

Stir in the **bulgur wheat** and cook until coated, 1 min.

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. Set aside for 12-15 mins or until ready to serve.



Weight Watchers



## Fry the Pork

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

Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a 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.*



## Grill the Aubergine

Once the **aubergine** is cooked, remove from the oven and preheat your grill to high. Using a tea towel, hold the **stem** of the **roasted aubergine half** with one hand, then use a spoon to gently scoop out the flesh whilst keeping the skin intact. Repeat for the other **halves**.

Roughly chop the **aubergine flesh** and add to a medium bowl with the **pork** and **half the cheese**. Spoon the **mixture** back into each **aubergine skin** so all **halves** are filled.

Sprinkle over the remaining **cheese**, then grill until golden, 3-5 mins.



## Time for Spice

Stir the **harissa paste** and **tomato puree** into the **pork**. Cook for 1 min.

Add the **water for the sauce** (see pantry for amount), stirring to combine.

Bring to the boil, then reduce the heat and simmer, stirring occasionally, until the **sauce** has thickened, 2-3 mins.



## Finish and Serve

When everything's nearly ready, in a small bowl, combine the **yoghurt** and **half the mint**.

Fluff up the **bulgur** with a fork and stir through the **tomato** and remaining **mint**. Taste and season with **salt** and **pepper**.

Share the **bulgur** between your bowls and top with the **stuffed aubergine**. Finish with a spoonful of **mint yoghurt**.

## Enjoy!