



Spicy Aubergine Tagine with chickpeas and yoghurt sauce

Veggie Calorie Smart 25-30 mins • Spicy

10



Chickpeas



Chopped Tomato
with Onion & Garlic



Aubergine



Ginger



Ras-el-Hanout



Mint



Couscous



Yoghurt



Almonds



Harissa Paste

Pantry Items: Salt, Pepper, Oil, Sugar, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Sieve, Pan with Lid

Ingredients

	2P	4P
Chickpeas	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Aubergine	1 unit	2 units
Ginger	½ unit	1 unit
Ras-el-Hanout	1 sachet	2 sachets
Mint	5 g	10 g
Couscous	100 g	250 g
Yoghurt	75 g	150 g
Almonds	15 g	30 g
Harissa Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	629.5 g	100 g
Energy (kJ/kcal)	2584.5 kJ/ 617.7 kcal	410.6 kJ/ 98.1 kcal
Fat (g)	15.3 g	2.4 g
Sat. Fat (g)	2.9 g	0.5 g
Carbohydrate (g)	81.1 g	12.9 g
Sugars (g)	19.4 g	3.1 g
Protein (g)	24.7 g	3.9 g
Salt (g)	3.9 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

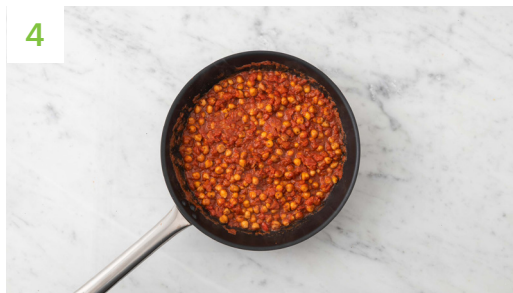


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Make the Couscous

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Add the **couscous** to a medium bowl with ½ tsp **salt** (double for 4p) and **pepper**.
- Pour 200ml boiling **water** (500ml for 4p) into the bowl.
- Cover with a plate or cling film and leave to the side for 10 mins (or until ready to serve).



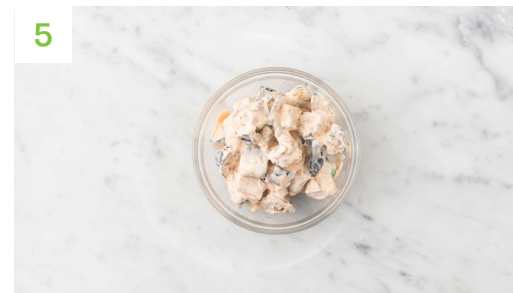
Start the Tagine

- Drain and rinse the **chickpeas** in a sieve. Pat dry with kitchen paper.
- Return the (now empty) pan to a medium-high heat, with a good drizzle of **oil**.
- Fry the **chickpeas** for 4-5 mins until crispy, shifting regularly.
- Add the grated **ginger** and **ras-el-hanout** and fry for 2-3 mins, until fragrant. Add **chopped tomatoes** and **half the harissa**.
- Lower heat to medium, cover and leave to simmer gently for 10-12 mins until reduced and slightly thickened.



Roast the Aubergine

- Trim the **aubergine**, then cut into roughly 2cm pieces. Pop onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until the **aubergine** is soft and golden, 20-25 mins. Turn halfway through.



Make the Harissa Yoghurt

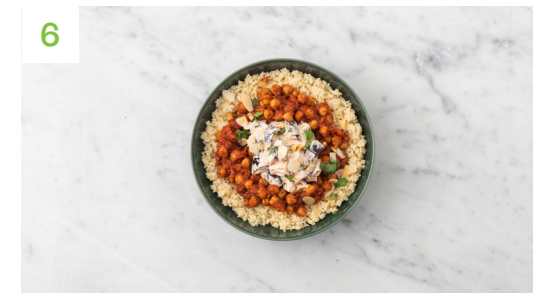
- Meanwhile, in a medium bowl mix **yoghurt**, remaining **harissa** and **half the chopped mint**.
- Season to taste with **salt** and **pepper**.
- Once **aubergine** is roasted, add to the **harissa yoghurt**.
- Stir to coat evenly.



Toast the Almonds

- Place a large pan (without oil) over a medium-high heat.
- Pick the **mint** leaves from their stalks and roughly chop (discard the stalks).
- Peel and grate **half the ginger** (double for 4p). Use a teaspoon to easily scrape away the peel.
- Once the pan is hot, add the **almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins. Remove from the pan and set aside.

TIP: Watch them like a hawk as they can burn easily.



Serve and Enjoy

- Season the **chickpea** tagine to taste with **salt**, **pepper** and **sugar**, adding a splash of **water** if required.
- Fluff up the **couscous** with a fork and divide between bowls.
- Top with the **chickpea** tagine and **harissa yoghurt aubergine**.
- Garnish with the toasted **almonds** and remaining chopped **mint**.

Enjoy!