

# Harissa Eggplants with Crispy Chickpeas and Whipped Feta

**hellóchef**

Crispy chickpeas, tender eggplant and creamy feta... this dish is full of great flavour and textures!

Cals 673 • Prot 25 • Carbs 78 • Fat 33

Vegetarian

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🕒 cook: 40 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Eggplants	2 ppl	3 ppl	4 ppl	
Eggplant	2	3	4	Piece
Olive oil	2	3	4	Tbsp
Harissa paste	40	60	80	Grams
Maple syrup	20	30	40	ML
Chickpeas				
Chickpeas	240	240	480	Grams
Vegetable oil	1	2	2	Tbsp
Smoked paprika powder	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Whipped feta				
Lemon	1	1	1	Piece
Garlic cloves	1	1	1	Piece
Labneh 4*	200	400	400	Grams
Feta cheese 4*	100	200	200	Grams
To serve				
Pine nuts 2*	10	20	20	Grams
Smoked sea salt	2	2	4	Grams
Fresh dill	15	15	15	Grams

Allergens

\*4 Milk, \*2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2814 / 673
Fat (g)	32.8
of which saturates (g)	16.7
Carbohydrate (g)	78
of which sugars (g)	30.6
Fiber (g)	19.4
Protein (g)	25.3
Salt (g)	8.7

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 220°C/200°C fan. Slice the **eggplant** in half, lengthwise. Cut the flesh in a cross-hatch pattern, taking care not to slice through the skin. Toast the **pine nuts** in a hot dry pan until golden. Set aside and reserve the pan.



2 Fry eggplant

Return the pan to a high heat with a drizzle of **oil**. Add the **eggplant** to the pan, skin faced down. Cook for 2-3 min or until the skin begins to brown. Flip the **eggplant** and cook, covered, for 3-4 min or until tender and the inside flesh has browned. Set aside.

**Tip!** If there's not enough space on your pan, fry the eggplants in batches.



3 Roast eggplant

In a small bowl, combine the **olive oil**, a pinch of **smoked salt**, the **harissa paste (spicy!)** and **maple syrup** with a squeeze of **lemon** juice (reserve the remaining **lemon** for the **feta!**). Add the **eggplants** to a lined baking tray, flesh side up. Brush the flesh of the **eggplants** with the **harissa** mix. Bake for 20-25 min or until the **eggplant** is tender.



4 Roast chickpeas

Meanwhile, drain and rinse the **chickpeas**. On a baking tray, toss the **chickpeas** in the **vegetable oil, smoked paprika** and **salt**. Roast for 15-20 min or until crispy.



5 Whip feta

Meanwhile, juice the remaining **lemon** into a large bowl. Peel and mince the **garlic** into the large bowl. Add the **labneh** and **feta**. Using a spatula, break up the **feta**, then whip it for 2 min. The result should resemble thick sour cream. Refrigerate until serving.

**Tip!** Go easy on the garlic if you find the taste too punchy.



6 Serve

Spread the whipped **feta** over plates and top with the roasted **eggplants** and **chickpeas**. Garnish with the roasted **pine nuts** and sprinkle with the **smoked sea salt**. Pick the **dill** and scatter over.