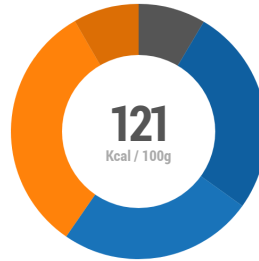


# Ras el hanout baked aubergine (website)

OVERVIEW ...



CALORIES:

**51.1% Carbs**

**8.5% Protein**

**40.4% Fat**

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



VEGETARIAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

10281 Aubergine..

AUBERGINE FRESH DIRECT

**BRAKES 170g**

**0.5x Each**

*unchanged*

113112 Spicentice Ras El Hanout Rub..

RAS EL HANOUT RUB SPICENTICE

**BRAKES 5g**

**0.03x Each**

*N/A*

100535 Brakes Pure Canadian Maple Syrup..

PUREADIAN MAPLE SYRUP

**BRAKES 20g**

**0.03x Each**

*N/A*

10439 Fresh Garlic..

GARLIC FRESH DIRECT

**BRAKES 5g**

*unchanged*

33889 Olive Oil.. - BRAKES

**33889** OLIVE OIL BRAKES

**BRAKES 10ml**

**0.01x Each**

*unchanged*

114218 Lemons..

LEMONS FRESH DIRECT

**BRAKES 0.5g**

*unchanged*

118561 Alpro Plain Yoghurt Alternative 500g..

YOGHURT

**BRAKES 10g**


**0.02x Each**





*unchanged*

149945 Sysco Classic Moroccan Style Couscous.. MOROCCAN STYLE COUS COUS	BRAKES	30g	0.03 x Each	unchanged
113885 Herb Bunched Coriander.. HERB BUNCHED CORIANDER FRESH DIRECT	BRAKES	5g	0.05x Each	N/A
151388 Fresh Kitchen Pickled Sweet & Sour Red Onion.. PICKLED SWEET & SOUR RED ONION	BRAKES	5g		unchanged
134544 Kuhne Crispy Fried Onions.. FRIED ONIONS	BRAKES	5g	Each	N/A

PRODUCTS / PACK SIZES ...

**1 Serving**



  
  
 266g / 334kcal  
 # 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

**Preparation:**

- Slice the aubergine in half lengthways and score
- Peel & slice the garlic
- Zest and juice the lemon
- Prepare the cous cous as per pack instructions
- Pick coriander

**Method:**

1. In a bowl mix together the oil, garlic, lemon, maple syrup and ras el hanout.
2. Rub this mix into the scored aubergine.
3. Place the aubergine onto a baking tray and cook in an oven at 170oC for 20 mins until the flesh is soft and slightly caramelised.
4. Remove from the oven and lightly mash the flesh in the skin - top with the cous cous and return to the oven to crisp for 5 mins.
5. Place the aubergine onto a dish and garnish with the yoghurt, sweet & sour onions, coriander and crispy onion - serve!