Ras el hanout baked aubergine (website)

OVERVIEW ...





CALORIES:

51.1% Carbs

8.5% Protein

40.4% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:

WHEAT MUSTARD SOYA SULPHITES

MAY CONTAIN:

ALMONDS CELERY SESAME

OTHER PROPERTIES:

VEGETARIAN

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
10281 Aubergine.. AUBERGINE FRESH DIRECT	170g	0.5x Each	*unchanged*
113112 Spicentice Ras El Hanout Rub.. RAS EL HANOUT RUB SPICENTICE	5g	0.03x Each	*N/A*
100535 Pure Canadian Maple Syrup.. PUREADIAN MAPLE SYRUP	20g	0.03x Each	*N/A*
10439 Fresh Garlic.. GARLIC FRESH DIRECT	5g		*unchanged*
33889 Olive Oil.. - 33889 OLIVE OIL	10ml	0.01x Each	*unchanged*
114218 Lemons.. LEMONS FRESH DIRECT	0.5g		*unchanged*
118561 Alpro Plain Yoghurt Alternative 500g.. YOGHURT	10g	0.02x Each	*unchanged*

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