



Broiled Eggplant & Lemon-Mint Vinaigrette

with Israeli Couscous Pilaf & Crumbled Feta



30min



2 Servings

There are so many reasons to love eggplant. Firstly, it's a good-for-you veggie, but mainly because when broiled, it takes on a somewhat smoky flavor and a decadent, almost meaty, texture. Here we pair the rich veggie with a lemon and fresh mint vinaigrette, and nutty Israeli couscous. Crunchy toasted almonds and tangy feta are the perfect topping to add layer of texture. It's the best of the Mediterranean on a plate.

What we send

- garlic
- 1 lemon
- ¼ oz fresh mint
- 2 eggplants
- 1 oz sliced almonds ¹⁵
- 3 oz Israeli couscous ¹
- 1 oz dried cranberries
- ¼ oz warm spice blend
- 2 (2 oz) feta ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet
- medium saucepan

Allergens

Wheat (1), Milk (7), Tree Nuts (15).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 52g, Carbs 63g,
Protein 19g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Finely grate **all of the lemon zest** into a medium bowl. Cut lemon into wedges. Pick and coarsely chop **mint leaves**, discarding stems. To medium bowl with lemon zest, add **garlic, 2 tablespoons oil**, and **1 tablespoon each of lemon juice and mint**. Season to taste with **salt and pepper**; set aside until step 5.



2. Broil eggplant

Preheat broiler with a rack in the upper third. Trim ends from **eggplant**; cut crosswise into ½-inch thick rounds. On rimmed baking sheet, toss eggplant with **¼ cup oil**; season with **salt and pepper** (it can overlap). Broil on upper rack until browned on one side, about 10 minutes (watch closely). Flip eggplant, drizzle with **oil** if dry; broil until tender, 5-10 minutes more.



3. Toast almonds

While **eggplant** broils, heat **1 teaspoon oil** in a medium saucepan over medium. Add **almonds** and cook, stirring, until toasted, about 2 minutes (watch closely). Transfer to bowl.



4. Cook couscous

To same saucepan, add **couscous** and cook over medium heat, stirring frequently, until golden, 3-5 minutes. Add **dried cranberries, ¾ cup water**, and **¼ teaspoon warm spice blend**; bring to a boil. Cover, reduce to simmer, and cook until liquid is absorbed and couscous is al dente, about 15 minutes.



5. Marinate eggplant

Once **eggplant** is done, transfer to bowl with **marinade** from step 1. Carefully toss to combine and let sit until **couscous** is finished cooking.



6. Finish & serve

Fluff **couscous** with a fork; add **toasted almonds** and stir to combine. Serve **couscous** with **eggplant and any remaining marinade** on top. Crumble **feta cheese** over top and garnish with **remaining mint**. Enjoy!