



## Broiled Eggplant & Falafel with Crumbled Feta

Pearl Couscous Pilaf & Lemon-Mint Vinaigrette



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 falafel, a lemon and fresh mint vinaigrette, and nutty pearl 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 <sup>3</sup>
- 3 oz pearl couscous <sup>1</sup>
- 1 oz dried cranberries
- ¼ oz warm spice blend
- ½ lb pkg falafel
- 2 (2 oz) feta <sup>2</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- microplane or grater
- rimmed baking sheet
- medium saucepan
- medium skillet

## Allergens

Wheat (1), Milk (2), Tree Nuts (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 940kcal, Fat 55g, Carbs 94g, Protein 28g



### 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**.

Preheat broiler with a rack in the upper third.



### 2. Broil eggplant

Trim ends from **eggplant**; cut 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, drizzle with **oil** if dry; broil until tender, 5-10 minutes more.

Transfer **cooked eggplant** to bowl with **marinade**. Set aside.



### 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. Cook falafel

Shape **falafel** into 8 (1-inch) balls, if necessary.

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add falafel and cook, turning occasionally, until browned all over, about 5 minutes. Transfer to a paper towel-lined plate to drain.



### 6. Finish & serve

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