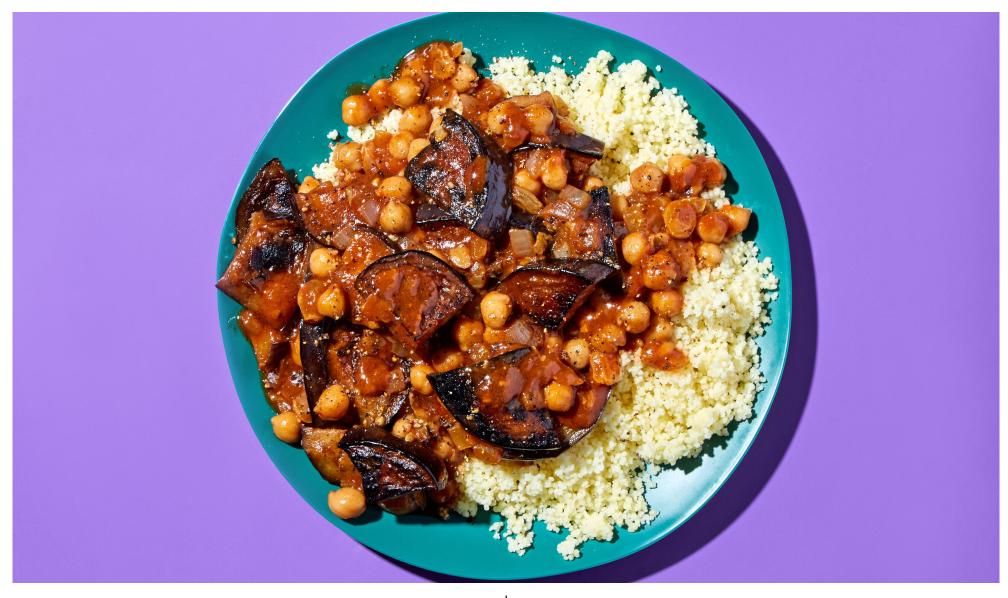
DINNERLY



Chickpea & Eggplant Tagine with Couscous





Dinnerly's resident dietitian is bringing you meals that are both ultrasatisfying and super nourishing. Need something new to add to your vegetarian rotation? This tagine is the way to go. The North Africa tomato-based stew is oh so savory and satisfying, especially with hearty chickpeas and eggplant to soak it up. Toss in golden raisins for a hint of sweetness, then serve it up over fluffy couscous. We've got you covered!

WHAT WE SEND

- · 3 oz couscous 1
- 1 yellow onion
- 1 eggplant
- ¼ oz ras el hanout
- · 8 oz tomato sauce
- · 15 oz can chickpeas
- 1 oz golden raisins ²

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- sugar

TOOLS

- · small saucepan
- medium ovenproof skillet
- aluminium foil

ALLERGENS

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

NUTRITION PER SERVING

Calories 690kcal, Fat 29g, Carbs 129g, Protein 29g



1. Cook couscous

Preheat oven to 375°F with a rack in the center.

In a small saucepan, combine ½ cup water and ¼ teaspoon salt. Cover and bring to a boil over high heat. Stir in couscous, then remove from heat. Cover and set aside until ready to serve.



2. Brown eggplant

Finely chop **onion**. Finley chop **1 teaspoon garlic**. Quarter **eggplant**, then cut into ½-inch pieces.

Heat **2 tablespoons oil** in a medium ovenproof skillet over high. Add eggplant; cook, stirring occasionally, until golden all over. Transfer to a plate; sprinkle with **salt**.



3. Build tagine

Heat 1 tablespoon oil in same skillet over medium. Add onions and a pinch of salt; cook, stirring, until softened, 3–4 minutes. Add ras el hanout and chopped garlic; cook, stirring, until fragrant, 1 minute. Stir in tomato sauce, chickpeas and their liquid, raisins, and ½ teaspoon sugar; bring to a simmer. Stir in eggplant. Remove from heat; drizzle with oil.



4. Bake tagine & serve

Loosely cover skillet with foil; bake on center oven rack until flavors have melded and **eggplant** is tender, 15 minutes. Season to taste with **salt** and **pepper**.

Serve chickpea & eggplant tagine with couscous. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!