

# DINNERLY



## Chickpea & Eggplant Tagine with Couscous



30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying 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

- 12 oz cauliflower rice
- 1 yellow onion
- 1 eggplant
- ¼ oz ras el hanout
- 8 oz tomato sauce
- 15 oz can chickpeas
- 1 oz golden raisins <sup>1</sup>

## WHAT YOU NEED

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

## TOOLS

- small saucepan
- medium ovenproof skillet
- aluminium foil

## ALLERGENS

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

## NUTRITION PER SERVING

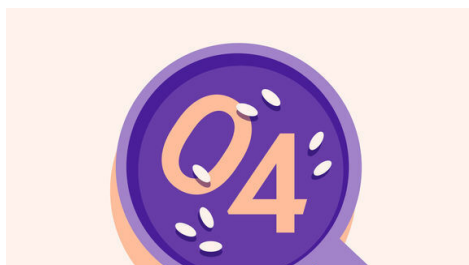
Calories 690kcal, Fat 29g, Carbs 129g, Protein 29g



### 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.



### 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!



### 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**.



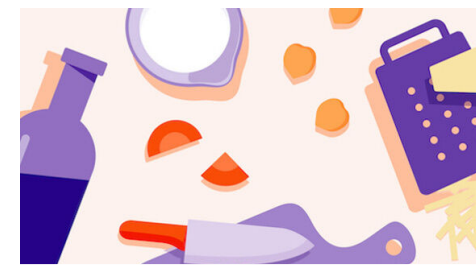
### 5. ...

What were you expecting, more steps?



### 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**.



### 6. ...

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