



JAMIE'S INCREDIBLE SICILIAN AUBERGINE STEW WITH COUSCOUS



with **Jamie Oliver**

Cooking made easy by HelloFresh.co.uk

This is a fantastic dish from southern Italy that the Sicilians are super proud of - and so they should be - it's a complete joy to eat. The trick is not to cut the aubergine chunks too small or they will take on too much oil and become heavy, instead of having the lovely creamy flavour and texture we're aiming for. Jam-packed with veg, this recipe adds up to two of your 5-a-day, and using wholewheat couscous, instead of the regular stuff, will help keep you fuller for longer because it's higher in fibre. Brilliant!



30 mins



vegan



healthy



Serves 2

- 1 large aubergine
- olive oil
- ½ teaspoon dried oregano
- 1 small red onion
- 1 clove of garlic
- ½ a bunch of fresh flat-leaf parsley
- 2 large ripe tomatoes

Please note: ingredients in colour are not provided in your HelloFresh box

- 1 tablespoon lilliput capers
- 8 green olives
- 1 **tablespoon red wine vinegar**
- 150g wholewheat couscous
- 1 **tablespoon flaked almonds**
- **extra virgin olive oil**

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Nutrition per serving:

CALORIES	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
472.3 Kcal	19.2g	2.7g	13.3g	63.8g	8.3g	1.3g	10.6g

Allergens: wheat, gluten, nuts



1. Trim and cut the **aubergine** into large chunks. Heat a couple of lugs of **olive oil** in a large pan over a medium heat, once hot add the **aubergine**, **oregano** and a little sea **salt**, then toss to coat.

2. Turn the heat up to high and cook for 4 to 5 minutes, giving the pan a shake every now and then.

3. While that's ticking away, peel and finely chop the **onion** and **garlic**. Pick and chop the **parsley leaves** and finely chop the stalks, then roughly chop the **tomatoes**.

4. When the **aubergine** is golden all over, add the **onion**, **garlic** and **parsley** stalks, then cook for a further 2 minutes – if the **aubergine** gets too dry, add a little more **olive oil** to the pan.

5. Drain and add the **capers**, destone and add the **olives**, then drizzle over the **vinegar**.

6. When all the **vinegar** has evaporated, add the **tomatoes** and simmer for around 15 minutes, or until the **aubergine** is tender.

7. Put the **couscous** into a bowl, add a pinch of **salt** and just cover with 250ml of boiling water, then pop a plate on top and leave to fluff up.

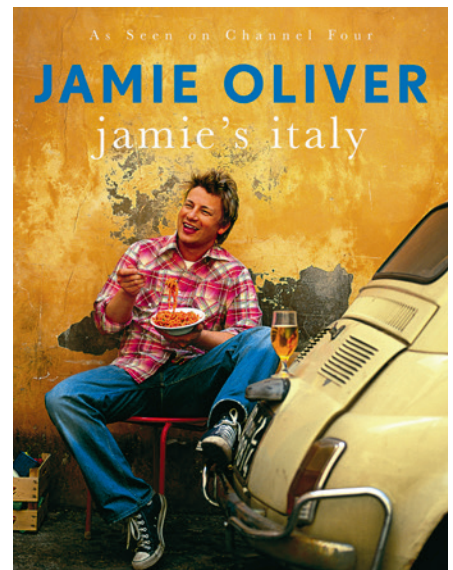
8. Lightly toast the **almonds** in a dry pan over a medium heat for 2 minutes, or until golden, keeping them moving.

9. Once the stew is almost done, use a fork to fluff up the **couscous** and stir through half the chopped **parsley**.

10. Season the stew to taste, then drizzle with **extra virgin olive oil**.

11. Serve the stew with the **couscous** and sprinkle with the **almonds** and remaining **parsley**.

Jamie



Well done, enjoy and don't forget to snap it and share it!
#hellojamie



For more inspiration visit jamieoliver.com
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