



**NUTRITION** *per serving* 66g carbohydrates 39g fat 21g protein 171mg sodium | vegetarian, soy-free



Calories  
681



Prep & Cook Time  
25-35 min.



Cook Within  
7 days



Difficulty  
Easy



Spice Level  
Not Spicy



**HOME CHEF**

## Roasted Eggplant Salad

with lemon-tahini dressing, goat cheese, and smoked almonds

### IN YOUR BOX

- 1 Eggplant
- 1 Red Bell Pepper
- 2 Garlic Cloves
- 1 Lemon
- 1 Shallot
- 1 oz. Smoked Almonds
- ½ Cup Pearl Couscous
- 2 Tbsp. Tahini
- 1 tsp. Cumin
- 2 oz. Baby Arugula
- 2 oz. Goat Cheese Crumbles

### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Small Pot
- Baking Sheet
- Wire-Mesh Strainer
- Mixing Bowl

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## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **450 degrees**
- Bring a **small pot of 2 cups water** to a boil
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Place a wire-mesh strainer in the sink

## WHILE YOU COOK

- **Salt** refers to kosher salt in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Spray baking sheet generously with **cooking spray** to prevent **eggplant** from sticking.
- **Shallots** bring a slightly assertive onion-garlic flavor when used raw. Use to taste when adding to **salad**.

## FROM THE CHEF

Prepare lemon tahini vinaigrette with 2 Tbsp. lemon juice at first. If you prefer more tart flavor, add 1 more Tbsp.

### Did you know...

*Tahini is a condiment made from ground toasted sesame seeds with a texture similar to peanut butter. It's common throughout Middle Eastern cuisine and is a major component of hummus.*



### Prepare the Ingredients

Trim ends off **eggplant** and cut into ½” dice. Stem, seed, and slice **red bell pepper** into thin ½” strips. Mince **garlic**. Zest **lemon**, halve, and juice. Peel and slice **shallot** into very thin rounds. Coarsely chop **smoked almonds**.



### Roast the Eggplant and Red Bell Pepper

Place **eggplant** and **red bell pepper** on prepared baking sheet. Drizzle with 2 Tbsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Toss to coat. Roast 12-15 minutes, or until browned and tender. Remove from oven and allow to cool.



### Cook the Couscous

Add **couscous** to boiling water and cook 8-10 minutes, or until tender. Drain in wire-mesh strainer and rinse under cold water to stop cooking process. Shake off as much water as possible and set aside.



### Make the Dressing

Stir together 2 Tbsp. **lemon juice** (start with 2 Tbsp., taste, and add more if desired), 2 Tbsp. **olive oil**, **tahini**, **garlic**, **cumin**, and ¼ tsp. **salt** in a large mixing bowl.



### Make the Salad

To bowl with lemon-tahini dressing, add **arugula**, **roasted eggplant**, **couscous**, **shallot** (to taste), and **roasted red bell peppers**. Toss to coat evenly. Taste, and adjust seasoning with **salt and pepper**, if needed.



### Plate the Dish

Place **salad** on plate and garnish with **smoked almonds**, **goat cheese**, and **lemon zest**.