

Eggplant & Chickpea Tagine

with Bell Pepper, Tomato & Couscous

Tagines—or hearty stews—are North African comfort food at its best. For tonight's vegetarian take, we're using a winning combination of seasonal produce stewed with traditional ingredients like chickpeas, dates and ras el hanout (a popular blend of warm spices). A side of fluffy couscous is perfect for soaking up the rich broth. To finish, we're garnishing it all with crunchy almonds, fresh mint and dollops of cilantro-seasoned labneh, a cooling, creamy cheese.

Blue Apron Wine Pairings

Alma Gitana Grenache, 2014

Sebastián San Martín Malbec, 2014



Ingredients

1½ Cups Couscous
1½ Cups Chickpeas
3 Cloves Garlic
1 Tomato
1 Eggplant
1 Green Bell Pepper
1 Bunch Cilantro & Mint

Knick Knacks

3 Ounces Medjool Dates
3 Tablespoons Almonds
1 Tablespoon Ras el Hanout
1 Tablespoon Sherry Vinegar
½ Cup Labneh Cheese

Makes: 4 servings | **Calories:** about 630 per serving

Prep Time: 15 minutes | **Cook Time:** 25–35 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp341

1



Prepare the ingredients:

Wash and dry the fresh produce. Medium dice the eggplant. Drain and rinse the chickpeas. Cut out and discard the stem, ribs and seeds of the pepper; small dice. Peel and finely chop the garlic. Core and medium dice the tomato. Pit and roughly chop the dates. Finely chop the cilantro leaves and stems. Roughly chop the almonds. Pick the mint leaves off the stems; discard the stems.

2



Cook the couscous:

In a small pot, combine the **couscous** and **2½ cups of water**; season with salt and pepper. Heat to boiling on high. Once boiling, cover and remove from heat. Let stand for 6 to 8 minutes, or until the water has been absorbed and the couscous is tender. Fluff the cooked couscous with a fork. Cover and set aside in a warm place.

3



Start the tagine:

While the couscous cooks, in a large pot, heat 2 tablespoons of olive oil on medium-high until hot. Add the **eggplant** and cook, stirring occasionally, 6 to 8 minutes, or until browned and softened. Season with salt and pepper. Add the **garlic** and cook, stirring occasionally, 30 seconds to 1 minute, or until softened and fragrant.

4



Add the vegetables:

Add the **chickpeas** to the pot; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Add the **bell pepper, tomato** and **ras el hanout**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened.

5



Finish the tagine:

Add the **dates, vinegar** and **1 cup of water** to the pot; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until the liquid is thickened and slightly reduced in volume. Remove from heat; season with salt and pepper to taste.

6



Make the cilantro labneh & plate your dish:

In a small bowl, combine the **labneh** and **cilantro**. Drizzle with olive oil and stir to combine; season with salt and pepper to taste. Divide the **cooked couscous** and **finished tagine** between 4 dishes. Garnish with the **almonds, mint** (tearing any larger leaves just before adding) and cilantro labneh. Enjoy!