

North African Eggplant Tagine

with Whole Wheat Couscous & Labneh

Tagine is a Berber stew named for the wide, cone-topped, earthenware pot in which it is traditionally simmered over a bed of coals. In this recipe, we're bringing the dish into your kitchen and cooking tagine over the stove. Made with chickpeas, Medjool dates, mint and Holland eggplant—an especially lush and tender variety that's perfect for stews—this spiced, balanced meal is bursting with the flavors of North Africa.



Ingredients

- 1 15-Ounce Can Chickpeas
- 1 15-Ounce Can Diced Tomatoes
- $\frac{3}{4}$ Cup Whole Wheat Couscous
- 3 Cloves Garlic
- 2 Holland Eggplants
- 1 Bunch Mint

Knick Knacks

- 3 Medjool Dates
- 3 Tablespoons Almonds
- 2 Ounces Labneh Cheese
- 2 Teaspoons Ras El Hanout
- 1 Ounce Castelvetrano Olives

Makes 2 Servings

About 580 Calories Per Serving

Cooking Time: 25-35 Minutes



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Recipe #475

1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic. Pit and roughly chop the dates. Roughly chop the almonds. Drain and rinse the chickpeas. Pick the mint leaves off the stems; discard the stems. Using the side of your knife, smash the olives; remove and discard the pits. Roughly chop the olives. Medium dice the eggplants.

2



Cook the couscous:

In a small pot, heat **1 1/4 cups of water** and a **big pinch of salt** to boiling on high. Once boiling, stir in the **couscous** and remove from heat. Cover and let stand 4 to 6 minutes, or until the water is absorbed and the couscous is tender. Stir in a drizzle of olive oil and season with salt and pepper to taste. Set aside.

3



Start the tagine:

While the couscous cooks, in a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and **ras el hanout**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the garlic is softened and the ras el hanout is toasted and fragrant. Add the **diced tomatoes**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly reduced in volume.

4



Finish the tagine:

Add the **chickpeas**, **eggplants**, **dates**, **olives** and **1/2 cup of water**; season with salt and pepper. Bring the mixture to a boil. Once boiling, cover and reduce the heat to medium; cook, stirring occasionally, 4 to 6 minutes, or until the eggplant has softened slightly. Uncover and cook, stirring occasionally, 6 to 8 minutes, or until the eggplant is completely softened. Season with salt and pepper to taste and remove from heat.

5



Toast the nuts:

While the tagine cooks, heat a small, dry pan on medium-high until hot. Add the **almonds** and toast, stirring frequently, 2 to 4 minutes, or until fragrant. Transfer to a small bowl.

6



Finish & plate your dish:

In a small bowl, combine the **labneh** with a **splash of water**; season with salt and pepper to taste. To plate your dish, divide the **couscous** and **tagine** between 2 dishes. Garnish with the **toasted almonds**, **seasoned labneh** and **mint** (roughly chopping the leaves just before adding). Enjoy!