



Aubergine with spicy apricot tabbouleh



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



1

CALORIES



728 kcal

SIDE DISH

Ingredients

- ☐ 25 g couscous
- ☐ 0.5 tsp harissa
- ☐ 4 apricot dried soft roughly chopped
- ☐ 3 pinches ground coriander
- ☐ 1 spring onion sliced
- ☐ 2 tbsp chickpeas
- ☐ 4 tbsp mint leaves chopped
- ☐ 3 tbsp olive oil

- ☐ 0.5 juice of lemon
- ☐ 1 eggplant

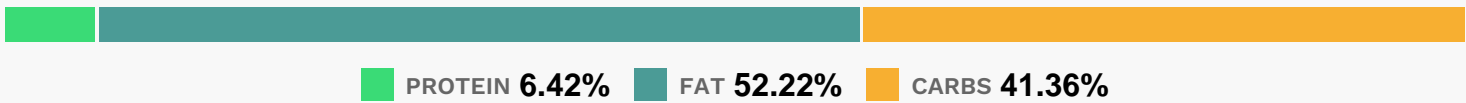
Equipment

- ☐ bowl
- ☐ knife
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Boil the kettle and tip the couscous into a heatproof bowl. Rub in the harissa with your fingers, then stir in the apricots and ground coriander.
- ☐ Pour over 2 tbsp boiling water, cover, then leave the couscous to swell for 5 mins.
- ☐ When the couscous is cooked, fluff it up with a fork and stir in the spring onion, chickpeas, 2 tbsp chopped herbs, 1 tbsp oil and all but 1 tsp of the lemon juice. Season well and set aside.
- ☐ Slice a thick slice off the rounded end of the aubergine. Using a small knife and teaspoon, cut and scrape out most of the aubergine flesh until you have a 1-2cm thick shell left (see Tip below for using up the aubergine).
- ☐ Brush inside and out with another tbsp of oil, then tightly pack in the couscous. Return the slice to the bottom of the aubergine to seal, then wrap tightly in two layers of foil. The stuffed aubergine will sit happily for up to a day in the fridge.
- ☐ Just before you begin barbecuing, mix the remaining herbs with the remaining oil and lemon juice and some seasoning. Sit the aubergine over the coolest part of the barbecue, and cook for about 30 mins, turning. To test if the aubergine is done, stick in a skewer if the aubergine feels soft and the skewer feels hot when it comes out then its ready. To serve, unwrap the aubergine and thickly slice. Sit a few slices on a plate and drizzle with the herby dressing.

Nutrition Facts



Properties

Glycemic Index:186.15, Glycemic Load:23.33, Inflammation Score:-9, Nutrition Score:30.633043061132%

Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Eriodictyol: 2.71mg, Eriodictyol: 2.71mg, Eriodictyol: 2.71mg, Eriodictyol: 2.71mg Hesperetin: 2.82mg, Hesperetin: 2.82mg, Hesperetin: 2.82mg, Hesperetin: 2.82mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 728.24kcal (36.41%), Fat: 44.57g (68.57%), Saturated Fat: 6.12g (38.26%), Carbohydrates: 79.44g (26.48%), Net Carbohydrates: 57.68g (20.97%), Sugar: 35.66g (39.63%), Cholesterol: 0mg (0%), Sodium: 56.37mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.66%), Manganese: 1.79mg (89.52%), Fiber: 21.76g (87.03%), Vitamin K: 68.46µg (65.2%), Vitamin E: 9.05mg (60.32%), Potassium: 1680.21mg (48.01%), Folate: 178µg (44.5%), Copper: 0.71mg (35.62%), Vitamin A: 1676.01IU (33.52%), Magnesium: 118.17mg (29.54%), Vitamin C: 21.91mg (26.55%), Vitamin B6: 0.53mg (26.28%), Vitamin B3: 5.12mg (25.59%), Phosphorus: 248.68mg (24.87%), Iron: 4.29mg (23.82%), Vitamin B5: 1.9mg (18.98%), Vitamin B1: 0.28mg (18.89%), Vitamin B2: 0.27mg (15.92%), Calcium: 126.59mg (12.66%), Zinc: 1.79mg (11.92%), Selenium: 4.07µg (5.82%)