



Carb Smart 'Stuffed' Eggplant with Spiced Beef and Zesty Yogurt Dressing

Carb Smart

30 Minutes



Ground Beef



Baby Eggplant



Yellow Onion



Garlic



Turkish Spice Blend



Parsley



Greek Yogurt



Spring Mix



Lemon



Roma Tomato

HELLO TURKISH SPICE BLEND

A blend of robust herbs and spices to wake up your taste buds!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, microplane/zester, measuring spoons, measuring cups, large bowl, parchment paper, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Baby Eggplant	320 g	640 g
Yellow Onion	113 g	226 g
Garlic	6 g	12 g
Turkish Spice Blend	2 tbsp	4 tbsp
Parsley	7 g	14 g
Greek Yogurt	100 ml	200 ml
Spring Mix	56 g	113 g
Lemon	1	2
Roma Tomato	160 g	320 g
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Peel, then mince or grate **garlic**. Peel, then finely cut **onion** into ¼-inch pieces. Zest, then juice **lemon**. Roughly chop **parsley**. Cut **tomatoes** into ¼-inch pieces. Halve **eggplants** lengthwise, then score cut-side in a criss-cross pattern.



Make yogurt dressing

While **beef filling** cooks, combine **yogurt**, **lemon zest**, **half the lemon juice**, **1 tbsp water** and **½ tsp sugar** (dbl both for 4 ppl) in a small bowl. Season with **salt** and **pepper**.



Roast eggplant

Toss **eggplant** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season cut-sides with **half the Turkish Spice Blend**, **salt** and **pepper**. Roast, cut-side down, on the **bottom** of the oven, until tender, 20-24 min.



Make salad

Whisk together **remaining lemon juice**, **½ tsp sugar** and **½ tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **remaining tomatoes** and **spring mix**. Season with **salt** and **pepper**, then toss to coat.



Make beef filling

While **eggplant** roasts, heat a large non-stick pan over medium-high heat. When hot, add **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Add **garlic**, **onions**, **half the tomatoes**, **remaining Turkish Spice Blend** and **⅓ cup water** (dbl for 4 ppl). Season with **salt** and **pepper**. Bring to a boil, then reduce heat to medium and cook until slightly thickened, 5-7 min.



Finish and serve

Divide **eggplant** between plates, cut-side up. Top **eggplant** with **beef filling**, then drizzle **yogurt dressing** over top. Sprinkle with **parsley**. Serve **salad** alongside.

Dinner Solved!