



# UCOOK

## Chermoula Beef Mince & Aubergine

with a chickpea & date salad

Perfectly oven-roasted aubergine halves form a savoury base and are topped with mouthwatering mince, enriched with chermoula & tomato paste. A dollop of chive-infused yoghurt adds a creamy finish. Plated with a side of chickpea salad and a sprinkle of chopped dates.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Carb Conscious

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Neil Ellis Wines | Neil Ellis Groenekloof Syrah

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## Ingredients & Prep

1kg	Aubergine <i>rinse &amp; cut in half lengthways, keeping the stem intact</i>
40ml	White Wine Vinegar
240g	Chickpeas <i>drain &amp; rinse</i>
2	Tomatoes <i>rinse &amp; roughly dice</i>
10g	Fresh Chives <i>rinse &amp; finely chop</i>
200ml	Low Fat Plain Yoghurt
600g	Free-range Beef Mince
2	Onions <i>peel &amp; roughly dice</i>
80ml	Pesto Princess Chermoula Paste
60ml	Tomato Paste
2	Garlic Cloves <i>peel &amp; grate</i>
60g	Pitted Dates <i>roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. ROAST THE AUBERGINE** Preheat the oven to 220°C. Score the flesh side of the aubergine halves with a knife in a cross-hatch pattern without piercing all the way down to the skin. Spread the aubergine halves cut-side up on a roasting tray. Coat in oil and season. Roast in the hot oven until softened, 35-40 minutes (shifting halfway).

**2. PREP THE EXTRAS** In a salad bowl, combine the vinegar, a drizzle of olive oil, 20ml of sweetener, and seasoning. Toss through the drained chickpeas, the diced tomato, ½ the chopped chives, and set aside in the fridge. In a small bowl, combine the yoghurt with the remaining chives and season.

**3. FRY THE MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally).

**4. CHERMOULA TIME** Add the diced onions to the pan with the mince. Fry until soft, 4-5 minutes. Add the chermoula paste, the tomato paste, and the grated garlic. Fry until fragrant, 1-2 minutes. Mix in 400ml of water and simmer until reduced and thickening, 8-10 minutes. Remove from the heat, add a sweetener (to taste), and season.

**5. WHAT A FEAST!** Plate the roasted aubergine flesh-side up. Top with the chermoula mince and dollop over the yoghurt. Side with the chickpea salad and sprinkle over the chopped dates.



## Chef's Tip

Air fryer method: Coat the aubergine halves in oil, and season. Air fry at 200°C cut-side up until cooked through, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	399kJ
Energy	95kcal
Protein	4.8g
Carbs	8g
of which sugars	3.8g
Fibre	2.1g
Fat	4.5g
of which saturated	1.4g
Sodium	32mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
3 Days