



UCCOOK

Aubergine & Goat's Cheese Gratin

with kalamata olives & panko breadcrumbs

Don't make the mistake of confusing an ordinary bake with a gorgeous gratin, Chef! With this culinary technique, a golden crust of crunchy breadcrumbs cover layers of charred aubergine and thin slices of potato, which have soaked up a rich tomato, onion, thyme & garlic sauce. Dotted with pops of olives & creamy goat's cheese.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Veggie

Paardenkloof Wines | Paardenkloof Ecology
"Desert Rose" Sauvignon Blanc 2021

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Potato <i>rinse, peel (optional) & slice into very thin rounds</i>
250g	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
1	Onion <i>peel & finely slice ½</i>
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Thyme <i>rinse</i>
15ml	NOMU & Chilli Mix <i>(10ml NOMU Italian Rub & 5ml Dried Chilli Flakes)</i>
100g	Cooked Chopped Tomato
30g	Pitted Kalamata Olives <i>drain & slice</i>
30g	Chevin Goat's Cheese
15ml	Lemon Juice
50ml	Panko Breadcrumbs

From Your Kitchen

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

1. SOFTEN THE POTATO Preheat the oven to 200°C. Place the sliced potato into a pot of salted water. Bring to a boil and simmer until softening, 10-12 minutes. Drain and set aside.

2. CHAR THE AUBERGINE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the aubergine chunks until charred but soft, 5-6 minutes (shifting occasionally). Remove from the pan, drain on paper towel and season.

3. TASTY TOMATO SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until soft, 4-5 minutes (shifting occasionally). Add the grated garlic, the rinsed thyme, and the NOMU & chilli mix. Fry until fragrant, 1-2 minutes. Pour in the cooked chopped tomato and 100ml of water. Simmer until reduced and thickening, 8-10 minutes. Remove the thyme sprigs and discard, then remove from the heat.

4. LAYER WITH FLAVOUR Stir in the sliced olives, the chunks of goat's cheese, the cooked aubergine, and a sweetener (to taste), the lemon juice (to taste), and seasoning. Lay down an overlapping layer of the par-cooked sliced potatoes and then spread the mixture evenly into an ovenproof dish. Cover with a layer of the remaining potato and bake until golden, 10-12 minutes.

5. GOLDEN CRUMBS Place a pan over medium-high heat with 10g of butter and a drizzle of oil. Once melted, add the breadcrumbs and fry until lightly toasted and golden, 1-2 minutes. Remove from the pan and set aside.

6. A GREAT GRATIN Plate up the loaded baked gratin, and top with the golden breadcrumbs. Well done, Chef!

Nutritional Information

Per 100g

Energy	275kj
Energy	66kcal
Protein	2.4g
Carbs	11g
of which sugars	3g
Fibre	2.4g
Fat	1.3g
of which saturated	0.6g
Sodium	107mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
4 Days