



# UCCOOK

## Vegetarian Aubergine Chilli

**with a green leaf salad & toasted almonds**

Aubergine is pan fried with a beautiful combination of onion, garlic, a special spicy rub, kidney beans, and tomato passata. The saucy aubergine is served with a toasted almond & greens salad. Finished with a zesty lemon crème.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes


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**Serves:** 4 People

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**Chef:** Megan Bure

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 Carb Conscious

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 Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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## Ingredients & Prep

40g	Almonds
1kg	Aubergine <i>rinse, trim &amp; cut into small chunks</i>
2	Onions <i>peel &amp; roughly dice</i>
2	Garlic Cloves <i>peel &amp; grate</i>
60ml	Spicy Rub <i>(40ml NOMU Provençal Rub &amp; 20ml Dried Chilli Flakes)</i>
400ml	Tomato Passata
480g	Kidney Beans <i>drain &amp; rinse</i>
125ml	Crème Fraîche
40ml	Lemon Juice
80g	Green Leaves <i>rinse &amp; roughly shred</i>
160g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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

**1. LET'S START** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. SPICY TOMATO AUBERGINE** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the aubergine pieces until lightly charred, 8-10 minutes (shifting occasionally). Add the diced onion and fry until soft, 4-5 minutes (shifting occasionally). Add the grated garlic and the spicy rub, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata and 600ml of water, and simmer until reduced and cooked through, 12-15 minutes (shifting occasionally). In the final 2-3 minutes, mix through the drained beans, a sweetener, and seasoning. Remove from the heat, cover, and set aside.

**3. ZESTY CREAMY DRESSING** In a small bowl, combine the crème fraîche with ¼ of the lemon juice and seasoning. Set aside.

**4. NUTTY SALAD** To a salad bowl, add the shredded leaves. Toss through ½ the toasted nuts, ½ the drained feta, the remaining lemon juice, a drizzle of olive oil, and seasoning. Set aside.

**5. ALL TOGETHER** Plate up the saucy aubergine, crumble over the remaining feta, and serve the dressed salad alongside. Dollop with the lemon crème and scatter with the remaining nuts.

## Nutritional Information

Per 100g

Energy	399kJ
Energy	95kcal
Protein	3.8g
Carbs	8g
of which sugars	3.2g
Fibre	3.5g
Fat	4.5g
of which saturated	2.3g
Sodium	156mg

## Allergens

Allium, Tree Nuts, Cow's Milk

Cook  
within  
4 Days