



# UCOOK

## Vegetarian Aubergine Mafaldine Pasta

with lemon & fresh parsley

We bet you've probably never heard of this delicate, ribbon-like pasta, Chef! The same will be true for friends and family you want to show your culinary skills off to. Coated in a homemade crème fraîche, tomato & paprika sauce, loaded with oven roasted aubergine, and finished with a lemon-tahini drizzle.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Samantha du Toit

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Adventurous Foodie

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Neil Ellis Wines | Neil Ellis Groenekloof Syrah  
2021

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## Ingredients & Prep

500g	Aubergine <i>rinse, trim &amp; cut into bite-sized pieces</i>
1	Onion <i>peel &amp; finely dice</i>
2	Fresh Chillies <i>rinse, trim, deseed &amp; finely slice</i>
2	Tomatoes <i>rinse &amp; roughly dice</i>
40ml	Tomato Paste
15ml	Ground Paprika
2	Garlic Cloves <i>peel &amp; grate</i>
80ml	Crème Fraîche
40ml	Tahini
1	Lemon <i>rinse &amp; cut into wedges</i>
250g	Mafaldine Pasta
5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Blender

**1. ROASTED AUBS** Preheat the oven to 220°C. Spread the aubergine pieces on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 25-30 minutes (shifting halfway).

**2. CREAMY TOMATO SAUCE** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion, the sliced chilli (to taste), and the diced tomatoes until golden and softening, 4-5 minutes (shifting occasionally). Add the tomato paste, the paprika, ½ the grated garlic, and seasoning. Fry until fragrant, 1-2 minutes. Allow to cool slightly before transferring to a blender, add the crème fraîche, a splash of water, and blitz until smooth.

**3. TASTY TAHINI DRIZZLE** In a bowl, combine the remaining garlic, the tahini, and a generous squeeze of lemon juice. Loosen with warm water in 10ml increments until drizzling consistency and season.

**4. PERFECT PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 1-2 minutes. Drain, reserve the pasta water, and toss through a drizzle of olive oil. Combine the pasta with the creamy tomato sauce and the roasted aubergine. Loosen with the reserved pasta water until saucy consistency.

**5. IMPRESSIVE ITALIAN MEAL** Bowl up the creamy pasta, drizzle over the tahini dressing (to taste), and garnish with the chopped parsley. Scatter over any remaining chilli (to taste) and serve with any remaining lemon wedges.

## Nutritional Information

Per 100g

Energy	400kj
Energy	96kcal
Protein	3.1g
Carbs	14g
of which sugars	2.9g
Fibre	2.7g
Fat	3.2g
of which saturated	1.2g
Sodium	18mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat,  
Cow's Milk

Eat  
Within  
3 Days