



UCOOK

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.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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Ingredients & Prep

10g	Almonds
250g	Aubergine <i>rinse, trim & cut into small chunks</i>
1	Onion <i>peel & roughly dice ½</i>
1	Garlic Cloves <i>peel & grate</i>
15ml	Spicy Rub <i>(10ml NOMU Provençal Rub & 5ml Dried Chilli Flakes)</i>
100ml	Tomato Passata
120g	Kidney Beans <i>drain & rinse</i>
30ml	Crème Fraîche
10ml	Lemon Juice
20g	Green Leaves <i>rinse & roughly shred</i>
40g	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, 6-8 minutes (shifting occasionally). Add the diced onion and fry until soft, 3-4 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 150ml of water, and simmer until reduced and cooked through, 10-12 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