



# UCOOK

## Eggplant & Ostrich Mince Bake

with fresh mint

Soon you will be savouring a mouthful of a moussaka-inspired meal, Chef! Made with ostrich mince for a South African taste twist, this satisfying dinner features a bubbling cream cheese & yoghurt topping, roasted aubergine, & rich tomato passata. Garnished with toasted pumpkin seeds & fresh, cooling mint.

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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:** Kate Gomba

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Carb Conscious

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Paardenkloof Wines | Paardenkloof Ecology Shiraz

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## Ingredients & Prep

|       |                                                                         |
|-------|-------------------------------------------------------------------------|
| 500g  | Aubergine<br><i>rinse, trim &amp; slice into 1cm thick rounds</i>       |
| 20g   | Pumpkin Seeds                                                           |
| 300g  | Free-range Ostrich Mince                                                |
| 1     | Onion<br><i>peel &amp; roughly slice</i>                                |
| 1     | Bell Pepper<br><i>rinse, deseed &amp; cut into strips</i>               |
| 1     | Garlic Clove<br><i>peel &amp; grate</i>                                 |
| 20ml  | NOMU Moroccan Rub                                                       |
| 200ml | Tomato Passata                                                          |
| 240ml | Creamy Topping<br><i>(140ml Greek Yoghurt &amp; 100ml Cream Cheese)</i> |
| 5g    | Fresh Mint<br><i>rinse, pick &amp; finely slice</i>                     |

## From Your Kitchen

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

**1. AUBS** Preheat the oven to 220°C. Spread out the aubergine rounds on a roasting tray, coat in oil, and season. Roast in the hot oven for 15-20 minutes until softened and starting to brown, shifting halfway.

**2. TOAST** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SAUCE** Return the pan to 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. Add the sliced onion and the sliced peppers. Fry until lightly golden, 5-6 minutes (shifting occasionally). Add the grated garlic, the NOMU rub, and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 200ml of water. Simmer until thickening and reduced, 6-8 minutes. Remove from the heat, add a sweetener (to taste), and season.

**4. MOUSSAKA** Pour the saucy mince into an ovenproof dish, top with a layer of the aubergine rounds, and lightly smear the creamy topping over the aubergine rounds. Turn the oven to grill or the highest setting, grill until bubbling, and lightly golden, 5-8 minutes.

**5. DINNER IS READY** Dish up the moussaka, top with a sprinkle of the toasted pumpkin seeds, and garnish with the sliced mint. Dig in, Chef!



## Chef's Tip

Air fryer method: Coat the aubergine rounds in oil and season. Air fry at 200°C until slightly crispy, 15-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 302kj  |
| Energy             | 72kcal |
| Protein            | 5g     |
| Carbs              | 5g     |
| of which sugars    | 2.8g   |
| Fibre              | 1.7g   |
| Fat                | 3.1g   |
| of which saturated | 1.5g   |
| Sodium             | 74mg   |

## Allergens

Cow's Milk, Allium

Eat  
Within  
4 Days