



UCOOK

Roast Cauliflower & Chunky Zaalouk

with crispy chickpeas & a sourdough baguette

If you're wondering what 'zaalouk' means, it's Arabic for purée or something soft. Our take on this mouth-watering Moroccan dish is a medley of roasted aubergines with a garlic & exotic spice tomato sauce. With a scattering of nutty oven-baked cauliflower and crispy chickpeas, you'll need the baguette rounds to scoop up every last bit!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Veggie

 Waterford Estate | Waterford The Library
Collection Spring Shiraz 2017

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Ingredients & Prep

250g	Aubergine <i>trimmed & cut into small bite-sized pieces</i>
4g	Fresh Coriander
20g	Pickled Bell Peppers
1	Garlic Clove
1	Sourdough Baguette
150g	Cauliflower Florets
120g	Chickpeas
15ml	Spice Mix <i>(2,5ml Ground Cumin, 10ml Paprika & 2,5ml NOMU Chipotle Flakes)</i>
1	Onion <i>peeled & ½ finely diced</i>
100ml	Tomato Passata

From Your Kitchen

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

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

2. GET SOME PREP DONE Rinse and pick the coriander. Drain and roughly chop the pickled peppers. Peel and grate the garlic clove. Slice the baguette into 1-2cm rounds and set aside. Chop the cauliflower into bite-sized pieces. Drain and rinse the chickpeas.

3. FLAVOURFUL FLORETS On another roasting tray, place the cauliflower pieces and the drained chickpeas. Coat in oil, ½ of the spice mix, some seasoning, and spread out in a single layer. Set aside. When the aubergine has 10 minutes left, add the tray of cauli & chickpeas to the hot oven and roast for 15-20 minutes until crispy, shifting halfway.

4. A PECK OF PICKLED PEPPERS Place a deep pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 4-5 minutes until soft and translucent, shifting occasionally. Add the chopped pickled peppers, the grated garlic, and the remaining spice mix, and cook for 30-60 seconds until fragrant, shifting constantly. Add the tomato passata and 200ml of water. Mix to combine, remove from the heat, and set aside.

5. IT'S ALL ABOUT THE BASE When the aubergine has finished roasting, add it into the pan with the tomato base. Lightly mash with a fork or potato masher. Return it to a medium heat and simmer for 5-6 minutes until the sauce has thickened. Add some sweetener (to taste) and season. Cover to keep warm.

6. BUTTERED BAGUETTE ROUNDS Smear the baguette rounds with butter or drizzle with oil. Place a clean pan over a medium heat. When hot, add the baguette rounds cut-side down and toast for 1-2 minutes on both sides until starting to brown. Alternatively, you can place the buttered baguette rounds in a single layer on a baking tray, sprinkle over a little water, and bake in the hot oven for 3-5 minutes until toasted.

7. LOOK, IT'S ZAALOUK! Plate up the chunky zaalouk. Scatter over the roasted cauliflower and crispy chickpeas. Garnish with the picked coriander, and drizzle over some olive oil. Side with the toasted baguette rounds for dipping. Well done, Chef!

Nutritional Information

Per 100g

Energy	378kJ
Energy	90kcal
Protein	3.8g
Carbs	16g
of which sugars	4g
Fibre	3.1g
Fat	1g
of which saturated	0.1g
Sodium	149mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days