



UCOOK

Hasselback Aubergine Flatbread

with hummus & sun-dried tomatoes

Get ready to learn a new cooking skill, Chef! The hasselback method involves very thinly slicing an ingredient in even layers without cutting all the way through. You will be expertly applying this to aubergine, which is oven roasted then topped with a scrumptious caper, onion, garlic, honey & oregano mixture. Smear on toasted flatbread and finished with a hummus drizzle.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Morgan Otten

🍽 Adventurous Foodie

🍷 Creation Wines | Creation Chardonnay

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut in half lengthways</i>
10g	Pecan Nuts <i>roughly chopped</i>
1	Onion <i>½ peeled & finely sliced</i>
5g	Capers <i>drained & roughly chopped</i>
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
10ml	Honey
20g	Green Leaves <i>rinsed</i>
30g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
40ml	Hummus
1	Flatbread

From Your Kitchen

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

1. HASSELBACK HALVES Preheat the oven to 220°C. Place an aubergine half, cut-side down, lengthways between the handles of two wooden spoons. Cut thin slices, through to the spoon, a few mm apart. Repeat with the remaining aubergine half.

2. ROASTED VEG Spread the aubergine halves, cut-side up, on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

3. TOASTED PECANS Place the chopped pecans in a deep pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHOP-CHOP Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onions, until caramelised, 8-10 minutes. Mix through the chopped capers, and grated garlic and cook until fragrant, 1-2 minutes (shifting constantly). Add ½ the chopped oregano, ½ the honey and seasoning. Remove from the heat and set aside.

5. NUTTY SALAD Place the rinsed leaves into a bowl and toss with the chopped sun-dried tomatoes, a drizzle of olive oil, seasoning, and the toasted pecan nuts. Set aside.

6. FLAVOURFUL FLATBREAD Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the flatbread until golden, 1-2 minutes per side.

7. BRING IT TOGETHER In a bowl, loosen the hummus with water in 5ml increments until drizzling consistency and season.

8. NO-HASSLE DINNER! Lay down the toasted flatbread and top with the dressed salad. Place the hasselback aubergine, and top with the caper-onion mixture on top. Drizzle with the remaining honey and the loosened hummus. Garnish with the remaining chopped oregano.

Nutritional Information

Per 100g

Energy	482kJ
Energy	115kcal
Protein	2.9g
Carbs	18g
of which sugars	6.2g
Fibre	3.2g
Fat	3.7g
of which saturated	0.6g
Sodium	186mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days