



# UCOOK

## Vegetarian Eggplant Agrodolce Salad

with pistachios & black rice

This dish is dark, delectable, and delicious. An Italian sweet & sour sauce is poured over charred aubergine chunks served on black rice loaded with sun-dried tomatoes, feta, pistachios, dates, and chilli flakes. Velvety crème fraîche and sprinkles of mint & parsley elevate this dish to new heights.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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Adventurous Foodie

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Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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## Ingredients & Prep

|       |  |
|-------|--|
| 250g  | Aubergine<br><i>rinse, trim &amp; cut into bite-sized pieces</i>       |
| 15ml  | NOMU Italian Rub   |
| 75ml  | Black Rice<br><i>rinse</i>   |
| 6g    | Mixed Herbs<br><i>(3g Fresh Mint &amp; 3g Fresh Parsley)</i>           |
| 10g   | Pistachio Nuts<br><i>roughly chop</i>                                  |
| 40ml  | Crème Fraîche  |
| 20ml  | Vinegar Mix<br><i>(15ml Balsamic Vinegar &amp; 5ml Sherry Vinegar)</i> |
| 7,5ml | Dried Chilli Flakes  |
| 40g   | Sun-dried Tomatoes<br><i>drain &amp; roughly chop</i>                  |
| 30g   | Pitted Dates<br><i>roughly chop</i>                                    |
| 50g   | Danish-style Feta<br><i>drain &amp; crumble</i>                        |

## From Your Kitchen

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

**1. ON WITH THE AUBS** Preheat the oven to 220°C. Spread the aubergine chunks on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until soft, 30-35 minutes (shifting halfway).

**2. READY THE RICE** Place the rinsed rice in a pot with 300ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 30-35 minutes. Drain (if necessary) and cover.

**3. HERBS & SAUCE** Rinse, pick, and roughly chop the mixed herbs. Place the chopped pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, loosen the crème fraîche with water in 5ml increments until drizzling consistency.

**4. PREP STEP** In a bowl, combine the vinegar mix, 20ml of olive oil, 2,5ml of sweetener (to taste), and the chilli flakes (to taste). Mix until the sweetener has dissolved. Season and set aside.

**5. TANGY, SWEET, NUTTY & FRESH** Once the aubergine is done, place in a bowl. Toss through ½ the vinegar sauce and set aside. When the rice is done, add ½ the chopped sun-dried tomatoes, the chopped dates, ½ the toasted pistachios, ½ the chopped mixed herbs, and the remaining vinegar sauce.

**6. A VEGGIE FEAST** Plate up the loaded black rice and top with the aubergine pieces. Scatter over the crumbled feta and the remaining sun-dried tomatoes. Drizzle over the loosened crème fraîche. Garnish with the remaining pistachios and herbs. Bellissima, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 701kJ   |
| Energy             | 168kcal |
| Protein            | 4.5g    |
| Carbs              | 21g     |
| of which sugars    | 8.2g    |
| Fibre              | 4.1g    |
| Fat                | 7.7g    |
| of which saturated | 3.6g    |
| Sodium             | 204mg   |

## Allergens

Allium, Sulphites, Tree Nuts, Alcohol,  
Cow's Milk

Eat  
Within  
4 Days