

U C O O K

— COOKING MADE EASY

Lamb Kofta Mezze Plate

with roast aubergine, ready-made hummus & za'atar

A lavish Middle Eastern, mezze-style meal: a roast of aubergine, baby tomatoes, and chickpeas; spiced lamb mince meatballs; peppery rocket; fresh mint; and splatters of hummus mixed with roast garlic.

Hands-On Time: 50 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Alex Levett

 **Easy Peasy**

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Ingredients & Prep

800g	Aubergine <i>rinsed, trimmed & cut into bite-size chunks</i>
4	Garlic Clove
40g	Pumpkin Seeds
2	Onion <i>peeled</i>
240g	Chickpeas <i>drained & rinsed</i>
400g	Baby Tomatoes <i>rinsed</i>
60ml	Za'atar Spice
600g	Lamb Mince
10g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
40ml	NOMU Lamb Rub
200ml	Hummus
80g	Rocket <i>rinsed</i>

From Your Kitchen

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

1. GET THAT AUB IN THE OVEN Preheat the oven to 220°C. Place the aubergine chunks and unpeeled garlic cloves on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 40-45 minutes, shifting halfway.

2. TOAST THE SEEDS & DO A LITTLE PREP Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool. Dice half of the peeled onion and set aside in a large bowl. Slice the remainder and place on a roasting tray with the drained chickpeas and rinsed baby tomatoes. Coat in oil, a third of the za'atar spice, and some seasoning. Set aside.

3. AT THE HALFWAY MARK... Give the aubergine a shift, sprinkle over another third of the za'atar spice, and return to the oven. Pop in the tray of chickpeas, onion, and tomatoes, and cook for the remaining roasting time. On completion, the chickpeas should be crispy and the veg should be cooked through and caramelised.

4. MEATBALL MADNESS Add the mince to the bowl of diced onion. Combine with half of the chopped mint, the Lamb Rub to taste, and a generous amount of seasoning to taste. Roll into 4-5 meatballs per portion and place on a lightly greased baking tray. Sprinkle over the remaining za'atar spice and pop in the oven for 10-12 minutes until cooked through and glossy.

5. ALMOST THERE When the roast is ready, discard the skin from the garlic and mix the flesh with the hummus (to taste). Add warm water in 5ml increments until drizzling consistency. Toss the rinsed rocket with a drizzle of oil and some seasoning.

6. MEZZE DELIGHT! Load up with roast veg and cover with the juicy meatballs. Drizzle over the hummus dressing and side with some peppery rocket. Garnish with the toasted pumpkin seeds and the remaining chopped mint. Go on, Chef – devour!



Chef's Tip

To check if your meatballs are seasoned enough, pop a pan over a high heat with a small drizzle of oil. When hot, fry a bite-size piece of the meatball mixture for 1-2 minutes until cooked through. Taste to test and add more seasoning to the raw mixture if needed.

Nutritional Information

Per 100g

Energy	493kJ
Energy	118Kcal
Protein	7.5g
Carbs	8g
of which sugars	2.3g
Fibre	3.1g
Fat	5.9g
of which saturated	2.1g
Sodium	118mg

Allergens

Allium, Sesame, Sulphites

Cook
within 2
Days