

UCOOK

Smashing Aubergine Steaks

with sun-dried-tomatoes, chevin & smashed baby potatoes

You won't miss meat for a second with this hearty veg dish! Chunky aubergine fillets, marinated in smoked paprika and slow-cooked until tender. Smashed baby potatoes, roasted until golden and crispy-edged. Dazzling toppings of whipped chevin and cream, rocket pesto, and sun-dried tomatoes.


Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Lapo Magni

 Vegetarian

 Haute Cabrière | Chardonnay Pinot Noir

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

25g	Chevin Goat's Cheese
200g	Baby Potatoes <i>rinsed</i>
1	Aubergine <i>rinsed</i>
5ml	Smoked Paprika
3g	Fresh Thyme <i>rinsed & picked</i>
40ml	Fresh Cream
20g	Salad Leaves <i>rinsed</i>
30ml	Pesto Princess Rocket Pesto
20g	Sun-Dried Tomatoes <i>drained & roughly chopped, reserving the oil</i>

From Your Kitchen

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

1. PARBOIL THE POTATOES Set the goat's cheese aside to come to room temperature. Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water over a high heat and pop on a lid. Once boiling, remove the lid and reduce the heat. Allow to simmer for 20 minutes until easily pierced with a fork but still firm.

2. MARINATE THE AUBERGINE Slice the rinsed aubergine lengthways into steaks of 2-3cm thick and place in a dish. Coat in oil and the smoked paprika to taste. (We do recommend using all of the paprika in this dish!) Set aside to marinate for at least 10 minutes.

3. GET THE SPUDS GOLDEN Place the parboiled potatoes on a lightly greased roasting tray and spread out in a single layer. Using a fork or masher, gently press down on them, splitting the skin but keeping them in one piece. Sprinkle over the thyme leaves, drizzle over some oil, and season. Roast in the hot oven for 15-20 minutes until crispy and golden.

4. GRILL THOSE AUBERGINE FILLETS Place a pan that has a lid over a low-medium heat and add a drizzle of oil. When hot, fry the marinated aubergine fillets on one side for 6-8 minutes with the lid on. Flip the fillets, replace the lid, and fry the other side for another 6-8 minutes. On completion, both sides should be gorgeously charred and the flesh should be cooked through and soft. Remove the pan from the heat and season to taste.

5. WHIP IT REAL GOOD! Just before serving, place the goat's cheese and the cream in a bowl. Using a whisk or fork, beat for 2-3 minutes until fluffy and aerated. Toss the rinsed salad leaves with a drizzle of oil and some seasoning.

6. A NIGHTTIME NIGHTSHADE DELIGHT! Plate up some delicious, golden potatoes and dressed leaves alongside the juicy aubergine fillets. Dollop over the goat's cheese crème and rocket pesto. Finish off with flecks of the chopped sun-dried tomatoes and drizzles of the reserved oil. Buon appetito!



Chef's Tip

Aubergines are high in dietary fiber, which is vital for lowering cholesterol, controlling blood sugar levels, overall gut health, and helping to keep you feeling fuller for longer.

Nutritional Information

Per 100g

Energy	380kj
Energy	91Kcal
Protein	2.5g
Carbs	11g
of which sugars	3.4g
Fibre	2.9g
Fat	4g
of which saturated	2.2g
Sodium	47mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 2
Days