



UCOOK

Vegetarian Aubergine Mafaldine Pasta

with lemon & fresh parsley

We bet you've probably never heard of this delicate, ribbon-like pasta, Chef! The same will be true for friends and family you want to show your culinary skills off to. Coated in a homemade crème fraîche, tomato & paprika sauce, loaded with oven roasted aubergine, and finished with a lemon-tahini drizzle.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Adventurous Foodie

Neil Ellis Wines | Neil Ellis Groenekloof Syrah
2021

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Ingredients & Prep

250g	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
1	Onion <i>peel & finely dice ½</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
1	Tomato <i>rinse & roughly dice</i>
20ml	Tomato Paste
7,5ml	Ground Paprika
1	Garlic Clove <i>peel & grate</i>
40ml	Crème Fraîche
20ml	Tahini
1	Lemon <i>rinse & cut ½ into wedges</i>
125g	Mafaldine Pasta
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

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

2. CREAMY TOMATO SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion, the sliced chilli (to taste), and the diced tomatoes until golden and softening, 4-5 minutes (shifting occasionally). Add the tomato paste, the paprika, ½ the grated garlic, and seasoning. Fry until fragrant, 1-2 minutes. Allow to cool slightly before transferring to a blender, add the crème fraîche, a splash of water, and blitz until smooth.

3. TASTY TAHINI DRIZZLE In a bowl, combine the remaining garlic, the tahini, and a generous squeeze of lemon juice. Loosen with warm water in 10ml increments until drizzling consistency and season.

4. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 1-2 minutes. Drain, reserve the pasta water, and toss through a drizzle of olive oil. Combine the pasta with the creamy tomato sauce and the roasted aubergine. Loosen with the reserved pasta water until saucy consistency.

5. IMPRESSIVE ITALIAN MEAL Bowl up the creamy pasta, drizzle over the tahini dressing (to taste), and garnish with the chopped parsley. Scatter over any remaining chilli (to taste) and serve with any remaining lemon wedges.

Nutritional Information

Per 100g

Energy	400kj
Energy	96kcal
Protein	3.1g
Carbs	14g
of which sugars	2.9g
Fibre	2.7g
Fat	3.2g
of which saturated	1.2g
Sodium	18mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Cow's Milk

Eat
Within
3 Days