



UCOOK

Persian-style Eggplant Stew

with poppadoms & tzatziki

Known for its delicacy and subtleness, Persian food is as aromatic as Indian food but less spicy. So, if you enjoy food that balances contrasting qualities, Chef, you will be swept away by this perfect Persian plate: browned aubergine is brought to life by a special spice mix, then doused in a tomato & bean medley. Dolloped with refreshing tzatziki and sided with crispy poppadoms.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Jemimah Smith

 Carb Conscious

 Groote Post Winery | Groote Post Old Man's Blend Red Blend

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Ingredients & Prep

2	Onions <i>peel & roughly dice 1½</i>
750g	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
60ml	Spice Rub <i>(15ml Ground Turmeric, 15ml Ground Cinnamon & 30ml NOMU Indian Rub)</i>
450g	Cooked Chopped Tomato
360g	Butter Beans <i>drain & rinse</i>
15g	Pumpkin Seeds
6	Poppadoms
150ml	Tzatziki
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. IT ALL STARTS WITH AUBS Place a pot over medium heat with a generous drizzle of oil. When hot, fry the diced onions and the aubergine pieces until browning, 6-8 minutes. Add the spice rub and fry until fragrant, 1-2 minutes. Pour in the cooked chopped tomato and 450ml of water. Simmer until reduced and thickened, 15-20 minutes. In the final 10 minutes, add the drained beans and seasoning.

2. PRETTY PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PUFFED-UP POPPADOMS Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

4. JUST LOOK AT THAT! Plate up the saucy aubergine. Dollop over the tzatziki, and garnish with the chopped coriander and the toasted seeds. Serve the crispy poppadoms on the side for scooping.

Nutritional Information

Per 100g

Energy	239kJ
Energy	57kcal
Protein	3.1g
Carbs	10g
of which sugars	3.3g
Fibre	3.2g
Fat	0.5g
of which saturated	0.1g
Sodium	236mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
within
4 Days