



UCCOOK

Aubergine, Feta & Quinoa Salad

with curried mayo

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	584kJ	3244kJ
Energy	140kcal	776kcal
Protein	4g	22.4g
Carbs	15g	83g
of which sugars	4.3g	24.1g
Fibre	3g	16.9g
Fat	7.4g	40.9g
of which saturated	1.4g	7.7g
Sodium	160mg	887mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Quinoa <i>rinse</i>
250g	500g	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
10ml	20ml	NOMU Indian Rub
10g	20g	Sunflower Seeds
40ml	80ml	Vegan Mayo
5ml	10ml	Medium Curry Powder
30g	60g	Danish-style Feta <i>drain</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
20g	40g	Piquanté Peppers <i>drain</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. KEEN ON QUINOA Preheat the oven to 220°C. Place the quinoa in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. NOMU-SPICED AUBS Spread the aubergine on a roasting tray, coat in oil, the NOMU rub, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

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

4. CURRY MAYO In a small bowl, combine the mayo with the curry powder (to taste). Season and loosen with water in 5ml increments until drizzling consistency. Set aside.

5. FOR THE FLAVOUR When the quinoa is done, toss with the feta, the tomatoes, the peppers, the roasted aubergine and the salad leaves. Season and set aside.

6. HELP YOURSELF, CHEF! Serve up the loaded quinoa salad and drizzle with the curried mayo. Garnish with the seeds and dig in!