



UCOOK

Vegetarian Italian-style Aubergine

with an Emmental cheese sauce & fresh basil

Aubergine halves are oven-roasted alongside a medley of onion wedges, chickpeas & cauliflower pieces. This veggie medley is then tossed with sun-dried tomatoes, drizzled with that lush cheese sauce, and finished with scatterings of toasted sunflower seeds & fresh basil. Goodness!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Isabella Melck

 Carb Conscious

 Strandveld | First Sighting Sauvignon Blanc

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut half lengthways</i>
1	Onion <i>½ peeled & cut into wedges</i>
15ml	NOMU Italian Rub
120g	Chickpeas <i>drained & rinsed</i>
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
10g	Sunflower Seeds
1	Garlic Clove <i>peeled & grated</i>
5ml	Cornflour
60ml	Low Fat Fresh Milk
30g	Emmental Cheese <i>grated</i>
30g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
4g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

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

1. VEGGIE ROAST Preheat the oven to 200°C. Cut the flesh of the aubergine halves with a crosshatch pattern about 1cm deep and place on a roasting tray, cut side up, with the onion wedges. Coat in ½ the NOMU rub, seasoning, and a drizzle of oil. Roast in the hot oven until charred, 30-35 minutes. Place the rinsed chickpeas and cauliflower pieces into a bowl and toss with the remaining NOMU rub, a drizzle of oil and seasoning. Set aside.

2. 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.

3. CHEESE SAUCE Return the pan to medium heat with 10g of butter. When the butter starts to foam, add the grated garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the flour and fry, 1-2 minutes (shifting constantly). Remove the saucepan from the heat, and gradually stir in the milk, making sure there are no lumps. Return the sauce to a medium heat, mix through the grated cheese and stir until melted. Loosen with a splash of water, season and cover.

4. CAULI & CHICKPEAS When the aubergine reaches the halfway mark, add the dressed cauliflower and chickpeas to the tray and return to the oven for the remaining time.

5. FINAL TOUCHES When the roast is done, toss the chopped sun-dried tomatoes through the veg and set aside. Gently heat the cheese sauce before serving, if needed.

6. TIME TO FEAST Plate up the roasted aubergine halves and side with the roasted veg. Drizzle over the cheese sauce and garnish with the torn basil & toasted seeds. Amazing, Chef!

Nutritional Information

Per 100g

Energy	371kJ
Energy	89kcal
Protein	4g
Carbs	10g
of which sugars	3.9g
Fibre	3.1g
Fat	3.1g
of which saturated	1.1g
Sodium	100mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days