



UCCOOK

Aubergine Lettuce Cups

with a zingy pineapple salsa & quinoa

The epitome of a super easy yet super satisfyingly delicious dish! Aubergine and mushrooms are marinated in a sweet and salty BBQ sauce and served in crunchy fresh lettuce cups. Served with a tomato and pineapple salsa for added zing!


Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Veggie

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

75ml	Quinoa
250g	Aubergine <i>halved</i>
125g	Button Mushrooms <i>thinly sliced</i>
1	Spring Onion <i>thinly sliced, keeping the white & green parts separate</i>
100ml	Marinade <i>(65ml Asian BBQ Sauce, 15ml Low Sodium Soy Sauce & 20ml Tomato Paste)</i>
80g	Baby Tomatoes <i>cut into quarters</i>
60g	Pineapple Pieces <i>drained & roughly chopped</i>
50g	Cucumber <i>diced</i>
1	Fresh Chilli <i>finely sliced</i>
40g	Gem Lettuce <i>rinsed</i>

From Your Kitchen

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

1. FLUFFY QUINOA Preheat the oven to 200°C. Rinse the quinoa and place in a pot. Submerge in 350ml of salted water, place over a medium-high heat, and bring to a simmer. Cook for 20-25 minutes until the quinoa is tender and the tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow to stand off the heat for at least 5 minutes.

2. AWESOME AUBERGINE Using a fork, scrape the flesh out of the aubergine halves, it should look like shredded meat! Place the shredded aubergine in an ovenproof dish along with the sliced mushrooms, the spring onion whites, the marinade, a drizzle of oil, and seasoning. Set aside to marinate for 15 minutes. On completion, pop in the hot oven and bake for at least 10-15 minutes, until soft and cooked through. Season to taste.

3. SALSA In a bowl, combine the quartered baby tomatoes, the chopped pineapple pieces, the diced cucumber, and ½ of the sliced chilli (to taste). Add a drizzle of oil and season to taste.

4. LUSH LETTUCE CUPS Use the gem lettuce like a mini wrap: scoop a spoonful of the quinoa and the aubergine mix into each lettuce cup. Top with the pineapple and tomato salsa and garnish with the spring onion greens and remaining chilli (to taste). Enjoy, Chef!



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	322kJ
Energy	77Kcal
Protein	2.5g
Carbs	15g
of which sugars	8.4g
Fibre	2.4g
Fat	0.7g
of which saturated	0.1g
Sodium	116mg

Allergens

Gluten, Allium, Wheat, Soy

Cook
within
4 Days