



# UCCOOK

## Eggplant Agrodolce Salad

with pistachios & black rice

This dish is dark, delectable, and delicious. An Italian sweet & sour sauce is poured over charred aubergine slices and served on black rice loaded with sun-dried tomatoes, feta, pistachios, dates and chilli flakes. Velvety crème fraîche and sprinkles of mint & parsley elevate this dish to new heights.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Rhea Hsu

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 Veggie

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 Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

1kg	Aubergine <i>rinsed, trimmed &amp; cut into bite-sized chunks</i>
60ml	NOMU Italian Rub
300ml	Black Rice <i>rinsed</i>
20g	Mixed Herbs <i>(10g Fresh Mint &amp; 10g Fresh Parsley)</i>
40g	Pistachio Nuts <i>roughly chopped</i>
160ml	Crème Fraîche
120ml	Vinegar Mix <i>(80ml Balsamic Vinegar &amp; 40ml Sherry Vinegar)</i>
30ml	Dried Chilli Flakes
160g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
100g	Pitted Dates <i>roughly chopped</i>
200g	Danish-style Feta <i>drained &amp; crumbled</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. YOU'RE AUBERGENIUS!** Preheat the oven to 220°C. Spread the aubergine chunks on a roasting tray, coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

**2. RICE, RICE BABY** Place the rinsed rice in a pot with 1,2L of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 30-35 minutes. Drain (if necessary) and cover.

**3. FRESH FLAVOURS** Rinse, pick, and roughly chop the mixed herbs. Place the chopped pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, loosen the crème fraîche with water in 5ml increments until a drizzling consistency.

**4. SWEET & SOUR SAUCE** In a bowl, mix the vinegar mix, 80ml of oil, 5ml of sweetener, and the chilli flakes (to taste) until the sweetener has dissolved. Season and set aside.

**5. AUB-A-LICIOUS** Once the aubergine is finished, place in a bowl. Toss through ½ the vinegar sauce and set aside. When the rice is done, add ½ the chopped sun-dried tomatoes, the chopped dates, ½ the toasted pistachios, ½ the chopped mixed herbs, and the remaining vinegar sauce.

**6. LA DOLCE EATA!** Plate up the loaded black rice and top with the aubergine pieces. Scatter over the crumbled feta and the remaining sun-dried tomatoes. Drizzle over the loosened crème fraîche. Garnish with the remaining pistachios and herbs. Bellissima, Chef!

## Nutritional Information

Per 100g

Energy	708kj
Energy	169kcal
Protein	4.5g
Carbs	21g
of which sugars	8.2g
Fibre	4.1g
Fat	8.1g
of which saturated	3.9g
Sodium	243mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook  
within 5  
Days