



# UCOOK

## Harissa Aubergine & Tahini Salad

with crispy chickpeas & onion wedges

This one is a feast for the eyes and tastebuds, Chef! Aubergine chunks, chickpeas, and onion wedges are oven-roasted in a flavourful harissa marinade and drizzled with a tahini-yoghurt dressing. Served alongside a fresh cucumber salad, and garnished with mint, chopped dates & toasted almonds.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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 Veggie

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 No paired wines

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## Ingredients & Prep

750g	Aubergine <i>rinsed, trimmed &amp; cut into bite-sized pieces</i>
2	Onions <i>peeled &amp; cut into thick wedges</i>
360g	Chickpeas <i>drained &amp; rinsed</i>
45g	Almonds <i>roughly chopped</i>
45ml	Pesto Princess Harissa Paste
150ml	Tahini Yoghurt <i>(30ml Tahini &amp; 120ml Low Fat Plain Yoghurt)</i>
300g	Cucumber <i>rinsed &amp; cut into half-moons</i>
60g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
1	Lemon <i>rinsed &amp; cut into wedges</i>
60g	Pitted Dates <i>roughly chopped</i>
8g	Fresh Mint <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. ROAST VEG MEDLEY** Preheat the oven to 220°C. Spread the aubergine pieces, the onion wedges, and the drained chickpeas on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

**2. TOASTED ALMONDS** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. HARISSA MOMENT** Loosen the harissa paste with 60ml of oil. When the roast has 5 minutes remaining, coat the veggies in the loosened harissa and roast for the remaining time.

**4. DELISH DRESSING** In a small bowl, loosen the tahini yoghurt with water in 5ml increments until drizzling consistency. Add 3 tsp of sweetener and season.

**5. JUST BEFORE SERVING** In a salad bowl, combine the cucumber half-moons, the shredded salad leaves, and a squeeze of lemon juice (to taste).

**6. DINNER IS READY** Plate up the harissa roasted veggies and drizzle over the tahini-yoghurt dressing. Side with the cucumber salad. Sprinkle over the toasted almonds and the chopped dates, and garnish with the picked mint. Well done, Chef!

## Chef's Tip

Air fryer method: Coat the aubergine pieces, the onion wedges, and the drained chickpeas in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	343kj
Energy	82kcal
Protein	3g
Carbs	11g
of which sugars	4.4g
Fibre	3.3g
Fat	2.6g
of which saturated	0.3g
Sodium	41mg

## Allergens

Dairy, Allium, Sesame, Sulphites, Tree Nuts

Cook  
within 3  
Days