

UCCOOK

Roast Aubergine & Chunky Zaalouk

with crispy chickpeas & a sourdough baguette

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Muratie Wine Estate | Muratie Melck's-
Blended Red

Nutritional Info

	Per 100g	Per Portion
Energy	383kj	4029kj
Energy	92kcal	964kcal
Protein	3.5g	37.1g
Carbs	16g	171g
of which sugars	3.7g	38.9g
Fibre	2.9g	30.3g
Fat	0.8g	8.5g
of which saturated	0.1g	1.3g
Sodium	109mg	1151mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
15ml	30ml	Spice Mix <i>(2,5ml [5ml] Ground Cumin, 10ml [20ml] Ground Paprika & 2,5ml [5ml] Dried Chilli Flakes)</i>
120g	240g	Chickpeas <i>drain & rinse</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
20g	40g	Piquanté Peppers <i>drain & roughly chop</i>
1	1	Garlic Clove <i>peel & grate</i>
100g	200g	Cooked Chopped Tomato
1	2	Sourdough Baguette/s <i>cut into thick rounds</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (Salt & Pepper)
Plant-based Butter Alternative

1. **AMAZING AUBS** Preheat the oven to 220°C. Spread the aubergine and butternut on a roasting tray, coat in oil, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. **FLAVOURFUL CHICKPEAS** Coat the chickpeas in oil, ⅓ of the spice mix, and seasoning. Spread out in a single layer on another roasting tray and set aside. When the roast has 10 minutes left, add the chickpea tray to the hot oven for the remaining time.

3. **PIQUANTÉ PEPPERS** Place a deep pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the piquanté peppers, the garlic, and the remaining spice mix, and cook until fragrant, 30-60 seconds (shifting constantly). Mix through the cooked chopped tomato and 200ml [400ml] of water. Remove from the heat, and set aside.

4. **IT'S ALL ABOUT THE BASE** When the aubergine has finished roasting, add it to the pan with the tomato base. Lightly mash with a fork or potato masher. Return it to medium heat and simmer until the sauce has thickened, 5-6 minutes. Mix through the butternut, a sweetener, and seasoning. Cover and set aside.

5. **BUTTERED BAGUETTE ROUNDS** Spread butter alternative (optional) or oil over the baguette rounds. Place a pan over medium heat. When hot, toast the rounds until golden, 1-2 minutes per side. Alternatively, you can place the buttered rounds in a single layer on a baking tray, sprinkle over a little water, and bake in the hot oven until toasted, 3-5 minutes.

6. **LOOK, IT'S ZAALOUK!** Plate up the chunky zaalouk. Scatter over the chickpeas. Garnish with the coriander, and drizzle over some olive oil. Side with the baguette rounds for dunking. Well done, Chef!