



UCOOK

Aubergine, Feta & Quinoa Salad

with curried mayo

Quinoa is loaded with creamy feta, tangy tomato, oven-roasted aubergine, sweet piquanté peppers & fresh greens. Dollop with a curry-infused mayo, sprinkle with toasted sunflower seeds, and start savouring your delicious dinner, Chef!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

Veggie

Stettyn Wines | Stettyn Family Range Chenin Blanc

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Ingredients & Prep

225ml	Quinoa <i>rinse</i>
750g	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
30ml	NOMU Indian Rub
30g	Sunflower Seeds
125ml	Mayo
15ml	Medium Curry Powder
90g	Danish-style Feta <i>drain</i>
240g	Baby Tomatoes <i>rinse & cut into quarters</i>
60g	Piquanté Peppers <i>drain</i>
60g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. KEEN ON QUINOA Preheat the oven to 220°C. Place the rinsed quinoa in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. NOMU-SPICED AUBS Spread the aubergine pieces on a roasting tray, coat in oil, the NOMU rub, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

3. 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.

4. CURRY MAYO In a small bowl, combine the mayo with the curry powder (to taste). Season and loosen with water in 5ml increments until drizzling consistency. Set aside.

5. FOR THE FLAVOUR When the quinoa is done, toss with the drained feta, the quarters tomatoes, the drained peppers, the roasted aubergine and the shredded leaves. Season and set aside.

6. HELP YOURSELF, CHEF! Serve up the loaded quinoa salad and drizzle with the curried mayo. Garnish with the toasted seeds and dig in!

Nutritional Information

Per 100g

Energy	614kJ
Energy	147kcal
Protein	4.2g
Carbs	15g
of which sugars	4.1g
Fibre	3.2g
Fat	7.8g
of which saturated	1.5g
Sodium	170mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat
Within
3 Days