

Eat Within 4 Days

UCOOK

Creation's Tomato & Aubergine Carpaccio

with basil pesto & crumbled feta

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Thema Maleka

Wine Pairing: Creation Wines | Creation Viognier

Nutritional Info	Per 100g	Per Portion
Energy	450kJ	3392kJ
Energy	108kcal	811kcal
Protein	3.9g	29.4g
Carbs	12g	94g
of which sugars	3.3g	25g
Fibre	3.1g	23.3g
Fat	4.5g	33.9g
of which saturated	1.1g	8.2g
Sodium	224mg	1689mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Aubergine
120g	240g	Tinned Lentils *drain & rinse*
1	1	Onion *peel & roughly dice ½ [1]*
100ml	200ml	Tomato Passata
10ml	20ml	NOMU Italian Rub
1	2	Pita Flatbread/s
30g	60g	Danish-style Feta *drain & crumble*
30ml	60ml	Pesto Princess Basil Pesto
3g	5g	Fresh Basil *rinse & pick*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey

1. PREP THE AUBS Rinse and trim the aubergine, then slice into 1cm thick rounds. Spread the aubergines out on a roasting tray and sprinkle both sides generously with salt. Set aside for 5-7 minutes until moisture starts to appear. Pat the aubergine dry with paper towel, removing the salt and excess water.

2. LEKKER LENTILS Place a pan over medium-high heat with a drizzle of oil. When hot, toast the lentils until golden and crispy, 8-10 minutes. Remove from the pan and season.

3. TOMATO SAUCE Return the pan to medium heat with a drizzle of oil. Fry the onion until golden, 4-5 minutes (shifting occasionally). Add the tomato passata, NOMU rub and 50ml [100ml] of water. Simmer until reduced, 4-5 minutes. In the final 1-2 minutes, add a sweetener (to taste) and season. Remove the pan from the heat and set aside.

4. INTO THE PAN While the sauce is reducing, place a clean pan over medium heat with enough oil to cover the base. When the oil is hot, fry the aubergine until golden and crispy, 2-3 minutes per side. You will need to do this step in batches. Remove from the pan and drain on paper towel.

5. FRY THE FLATBREADS Just before serving, place a pan over high heat. Toast the flatbread/s until golden, 1-2 minutes per side. Remove from the pan and cut into quarters.

6. DINNER IS DONE Top the toasted flatbread/s with aubergines in an even layer. Dollop over the rich tomato sauce. Top with the crispy lentils and crumbled feta, drizzling over the pesto. Finish off your plate by garnishing with the basil and a generous drizzle of olive oil. Dig in, Chef!

Chef's Tip Salting aubergine helps draw out excess moisture and can reduce bitterness, giving you a softer texture and better browning when cooked.