



# UCOOK

## Vegetarian Chermoula Aubergine

with a chickpea & tomato salad

A flavourful, veggie-forward feast for the eyes and the palate, Chef! Scored oven-roasted aubergine is plated with lentils that have soaked up a concentrated Pesto Princess Chermoula Paste & tomato paste sauce, dotted with silky onion & garlic. Dolloped with creamy yoghurt, sweet dates, and served with a crunchy chickpea salad.

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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Carb Conscious

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Creation Wines | Creation Sauvignon  
Blanc/Semillon

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## Ingredients & Prep

|       |  |
|-------|--|
| 750g  | Aubergine<br><i>rinse &amp; cut in half lengthways, keeping the stems intact</i> |
| 30ml  | White Wine Vinegar   |
| 180g  | Chickpeas<br><i>drain &amp; rinse</i>  |
| 2     | Tomatoes<br><i>rinse &amp; roughly dice</i>                                      |
| 8g    | Fresh Chives<br><i>rinse &amp; finely chop</i>                                   |
| 150ml | Low Fat Plain Yoghurt  |
| 2     | Onions<br><i>peel &amp; roughly dice</i>   |
| 90ml  | Pesto Princess Chermoula Paste   |
| 45ml  | Tomato Paste   |
| 2     | Garlic Cloves<br><i>peel &amp; grate</i>   |
| 180g  | Tinned Lentils<br><i>drain &amp; rinse</i>                                       |
| 45g   | Pitted Dates<br><i>roughly chop</i>  |

## From Your Kitchen

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

**1. AUBERGINE** Preheat the oven to 220°C. Score the flesh side of the aubergine halves with a knife in a cross-hatch pattern without piercing all the way down to the skin. Spread the aubergine halves cut-side up on a roasting tray. Coat in oil and season. Roast in the hot oven until softened, 35-40 minutes (shifting halfway).

**2. PREP** In a salad bowl, combine the vinegar, a drizzle of olive oil, 15ml of sweetener, and seasoning. Add the drained chickpeas, the diced tomato, and ½ the chopped chives. Toss to combine and set aside in the fridge. In a small bowl, combine the yoghurt with the remaining chives and season.

**3. CHERMOULA LENTILS** Place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onions and fry until soft, 3-4 minutes. Add the chermoula paste, the tomato paste, and the grated garlic. Fry until fragrant, 1-2 minutes. Mix in 300ml of water and the drained lentils. Simmer until reduced and thickening, 8-10 minutes. Remove from the heat, add a sweetener, and season.

**4. EAT!** Plate the roasted aubergine flesh-side up. Top with the chermoula lentils and dollop over the yoghurt. Side with the chickpea salad and sprinkle over the chopped dates.



## Chef's Tip

Air fryer method: Coat the aubergine halves in oil, and season. Air fry at 200°C, cut-side up, until cooked through, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 326kJ  |
| Energy             | 78kcal |
| Protein            | 3.4g   |
| Carbs              | 11g    |
| of which sugars    | 4.1g   |
| Fibre              | 3.6g   |
| Fat                | 1.8g   |
| of which saturated | 0.2g   |
| Sodium             | 28mg   |

## Allergens

Cow's Milk, Allium, Sulphites

Eat  
Within  
3 Days