



UCOOK

Lamb Mince Aubergine Roll-ups

with ricotta cheese & fresh oregano

We know you love learning and trying new things, Chef. Today you'll be cheffy-ing it up with an impressive (but super simple) deglazing technique. This will extract all the mouthwatering flavours in your pan for the tomato, red wine & Moroccan spice sauce. Top the bed of luscious lamb mince with the aubergine roll-ups. Finish with sprinkles of cheese & fresh oregano!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Stettyn Wines | Stettyn Family Range Pinotage 2021

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Ingredients & Prep

250g	Aubergine <i>rinse, trim & cut lengthways into 5mm thick slices</i>
150g	Free-range Lamb Mince
1	Onion <i>peel & roughly dice</i>
15ml	Spice Mix <i>(10ml NOMU Moroccan Rub & 5ml Smoked Paprika)</i>
30ml	Red Wine
50ml	Tomato Passata
50g	Ricotta Cheese
15ml	Grated Italian-style Hard Cheese
3g	Fresh Oregano <i>rinse & pick</i>

From Your Kitchen

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

1. AUBERGINE Preheat the oven to 200°C. Spread the aubergine slices on a roasting tray, coat in oil, and season. Roast in the hot oven until softened and turning golden, 12-15 minutes (shifting halfway). Remove from the oven and set aside to cool.

2. LAMB MINCE Place a pan over a medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until lightly browned, 2-3 minutes (shifting occasionally).

3. SAUCY MINCE Add the diced onion to the pan and fry until soft and turning golden, 4-5 minutes. Add the spice mix and fry until fragrant, 1-2 minutes. Deglaze the pan with the wine and simmer until almost evaporated, 30-60 seconds. Pour in the tomato passata and 100ml of water. Simmer until slightly thickening, 5-6 minutes. Add seasoning and a sweetener.

4. SOME PREP While the sauce is simmering, smear the ricotta onto the aubergine slices and gently roll them up.

5. DINNER IS READY Make a bed of the saucy mince and top with the aubergine roll ups. Sprinkle over the grated cheese and garnish with the rinsed oregano leaves. Look at you, Chef!

Nutritional Information

Per 100g

Energy	473kJ
Energy	113kcal
Protein	8g
Carbs	5g
of which sugars	2.9g
Fibre	1.9g
Fat	6.3g
of which saturated	2.8g
Sodium	111mg

Allergens

Egg, Allium, Sulphites, Alcohol, Cow's Milk

Cook
within 3
Days