

# U COOK

## Coriander Pesto & Aubergine Bowl

with coriander & chilli pesto

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

**Veggie:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Groote Post Winery | Groote Post Seasalter Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	518kJ	3539kJ
Energy	124kcal	847kcal
Protein	4g	27.6g
Carbs	16.9g	115.3g
of which sugars	3.7g	25.5g
Fibre	3.7g	25g
Fat	3.7g	25.5g
of which saturated	0.6g	4.4g
Sodium	73mg	501mg

**Allergens:** Sulphites, Tree Nuts, Allium

**Spice Level:** Hot



Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

750g	1kg	Aubergine <i>rinse &amp; cut into bite-sized chunks</i>
2	2	Onions <i>peel &amp; cut 1½ [2] into wedges</i>
225ml	300ml	White Quinoa <i>rinse</i>
30g	40g	Cashew Nuts <i>roughly chop</i>
360g	480g	Chickpeas <i>drain &amp; rinse</i>
30ml	40ml	NOMU Italian Rub
90ml	125ml	ButtaNutt Coconut Yoghurt
8g	10g	Fresh Mint <i>rinse &amp; roughly chop</i>
2	2	Fresh Chillies <i>rinse, deseed &amp; finely slice</i>
75ml	100ml	Pesto Princess Coriander & Chilli Pesto
15g	20g	Crispy Onion Bits

**1. AUBS & ONION** Preheat the oven to 220°C. Spread the aubergine and onion on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. KEEN ON QUINOA** Place the quinoa in a pot with 450ml [600ml] 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.

**3. CASHEWS & CHICKPEAS** Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and return the pan to medium heat with a drizzle of oil. Fry the chickpeas until golden and crispy, 10-12 minutes. At the halfway mark, add the NOMU rub, shifting constantly to avoid the rub from burning

**4. MINTY YOGHURT** In a bowl, mix together the yoghurt and ½ the mint. Season and set aside.

**5. LOAD WITH FLAVOUR** When the quinoa is finished, mix through the chickpeas, some chilli (to taste), the pesto, the roasted veg and seasoning.

**6. TASTY DINNER** Plate up the loaded quinoa, topped with dollops of the mint-yoghurt. Finish off with some chilli (to taste), the cashews, the remaining mint and the crispy onions. Enjoy!

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water