



UCCOOK

Charred Aubergine & Ostrich Mince

with minty yoghurt & a fruity seed mix

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis Groenekloof Syrah

Nutritional Info

	Per 100g	Per Portion
Energy	399.9kJ	2901.7kJ
Energy	95.7kcal	694.1kcal
Protein	6.3g	45.8g
Carbs	8.5g	62g
of which sugars	4.1g	29.9g
Fibre	2.5g	18.3g
Fat	3.5g	25.3g
of which saturated	0.8g	5.7g
Sodium	136mg	986.6mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Aubergine <i>rinse, trim & slice into 1cm thick rounds</i>
150g	300g	Free-range Ostrich Mince
1	1	Onion <i>peel & roughly slice ½ [1]</i>
15ml	30ml	NOMU Moroccan Rub
10ml	20ml	Pesto Princess Harissa Paste
1	1	Garlic Clove <i>peel & grate</i>
50ml	100ml	Tomato Passata
40g	80g	Fruity Seed Mix <i>(10g [20g] Dried Cranberries, 10g [20g] Pitted Dates, 10g [20g] Pumpkin Seeds & 10g [20g] Almonds)</i>
50ml	100ml	Greek Yoghurt
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. AUBERGINE Preheat the oven to 220°C. Spread the aubergine on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. FLAVOURFUL MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the onion and fry until soft, 3-4 minutes. Add the NOMU rub, harissa paste, garlic, and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 100ml [200ml] of water. Simmer until thickening, 8-10 minutes. Remove from the heat, add a sweetener (to taste) and seasoning.

3. TOAST Roughly chop the dates and the almonds from the fruity seed mix. Place the fruity seed mix in a pan over medium heat. Toast until lightly charred, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. JUST BEFORE SERVING Combine the yoghurt with the mint.

5. DINNER IS READY Make a bed of the aubergine, top with the saucy mince, dollops of minty yoghurt and scatter over the fruity seed mix. Well done, Chef!