



UCCOOK

Melanzane Pizza

with cheese ribbons & fresh basil

Flavours from the classic Italian melanzane atop a crispy pizza base. Topped with dollops of crème fraîche, sprinkles of fresh basil & pine nuts, balsamic glaze, shavings of Italian cheese, and fresh rocket. Simply stunning!


Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Chenin Blanc

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Ingredients & Prep

3g	Fresh Basil <i>rinsed</i>
10g	Pine Nuts
250g	Aubergine <i>rinsed, trimmed & cut into thin rounds</i>
1	Garlic Clove <i>peeled & grated</i>
5ml	NOMU Provençal Rub
100g	Cooked Chopped Tomato
1	Pizza Base
50g	Grated Mozzarella & Cheddar Cheese Mix
20g	Green Leaves <i>rinsed & roughly shredded</i>
30ml	Crème Fraîche
15ml	Balsamic Glaze
15g	Whole Italian-style Hard Cheese <i>peeled into ribbons</i>

From Your Kitchen

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

1. PREP STEP Preheat the oven to 200°C. Pick the leaves from the rinsed basil. Discard the stems and roughly tear the leaves, and set aside. Place a pan over a medium heat. Once hot, toast the pine nuts for 3-5 minutes until golden brown, shifting occasionally.

2. AWESOME AUBS Return the pan to a high heat with a drizzle of oil. Once hot, fry the aubergine rounds for 2-3 minutes per side until starting to char. Remove from the pan and drain on paper towel. Season to taste. Alternatively, place the aubergine rounds on a baking tray with a drizzle of oil and some seasoning. Bake in the hot oven for 10-12 minutes until starting to brown, flipping halfway.

3. LET'S GET SAUCY Return the pan to a medium high heat with another drizzle of oil. Once hot, add the grated garlic and the rub. Fry for 1 minute, until fragrant, shifting constantly. Stir in the cooked chopped tomatoes and leave to simmer for 2-3 minutes until slightly reduced and thickened. Season to taste with a sweetener of choice, ½ the torn basil leaves and salt and pepper.

4. ASSEMBLE THE PIZZA Place a large roasting tray in the oven to heat up. Slide the pizza base onto the heated tray and par-bake for 3-5 minutes until lightly golden. Remove the base from the oven and flip over. Smear the tomato sauce over the whole surface and evenly sprinkle with the grated cheese. Cover with the aubergine rounds and place back into the oven and bake for 4-5 minutes until the base is crispy.

5. FEASTING! Serve this marvellous melanzane pizza. Top with the fresh green leaves. Dollop with the crème fraîche and sprinkle over the toasted pine nuts, and the remaining basil. Drizzle over the balsamic glaze, and garnish with cheese ribbons. Slice and eat up!



Chef's Tip

If you would like your aubergines to be less spongy, lightly sprinkle over some salt and leave for 10-15 minutes. Just before cooking, dab the aubergines with paper towel to remove the excess moisture.

Nutritional Information

Per 100g

Energy	613kj
Energy	146Kcal
Protein	5.5g
Carbs	17g
of which sugars	5.7g
Fibre	3g
Fat	6.3g
of which saturated	3.2g
Sodium	194mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 1
Day