



UCOOK

Vegetarian Italian-style Aubergine

with an emmental cheese sauce & fresh basil

Aubergine's rich earthiness is the perfect veggie vehicle for Italian flavours. This recipe features oven-roasted aubergine tossed with sun-dried tomato, kale, crispy chickpeas & onion wedges, sided with a decadent emmental cheese sauce. Garnished with fresh parsley & toasted sunflower seeds.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Isabella Melck

Carb Conscious

Neil Ellis Wines | Neil Ellis Groenekloof Syrah

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Ingredients & Prep

500g	Aubergine <i>rinse, trim & cut half lengthways</i>
1	Onion <i>peel & cut into wedges</i>
30ml	NOMU Italian Rub
200g	Kale <i>rinse & roughly shred</i>
240g	Chickpeas <i>drain & rinse</i>
20g	Sunflower Seeds
1	Garlic Clove <i>peel & grate</i>
10ml	Corn Flour
125ml	Low Fat Fresh Milk
60g	Emmental Cheese <i>grate</i>
60g	Sun-Dried Tomatoes <i>drain & roughly chop</i>
5g	Fresh Parsley <i>rinse, pick & chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. PREP & ROAST THE VEG Preheat the oven to 200°C. Cut the flesh of the aubergine halves with a crosshatch pattern about 1cm deep and place on a roasting tray, cut-side up, with the onion wedges. Coat in ½ the NOMU rub, seasoning, and a drizzle of oil. Roast in the hot oven until charred, 30-35 minutes. Place the kale into a bowl with a drizzle of oil. Using your hands, gently massage until softened and coated. Toss in the rinsed chickpeas, the remaining NOMU rub, a drizzle of oil and seasoning. Set aside.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. EMMENTAL CHEESE SAUCE Return the pan to medium heat with 20g of butter. When the butter starts to foam, add the grated garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the flour and fry, 1-2 minutes (shifting constantly). Remove the saucepan from the heat, and gradually stir in the milk, making sure there are no lumps. Return the sauce to a medium heat, mix through the grated cheese and stir until melted. Loosen with a splash of water, season and cover.

4. PAST THE HALFWAY MARK When the aubergine reaches the halfway mark, add the dressed kale and chickpeas to the tray and return to the oven for the remaining time.

5. TASTY TOMATO When the roast is done, toss the chopped sun-dried tomatoes through the veg and set aside. Gently heat the cheese sauce before serving, if needed.

6. VEGETARIAN FEAST Plate up the roasted aubergine halves and side with the roasted veg. Drizzle over the cheese sauce and garnish with the chopped parsley & toasted seeds. Amazing, Chef!

Nutritional Information

Per 100g

Energy	391kJ
Energy	94kcal
Protein	4.2g
Carbs	10g
of which sugars	3.9g
Fibre	3.4g
Fat	3.4g
of which saturated	1.2g
Sodium	111mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days