



UCOOK

Za'atar Roasted Aubergine

with crispy chickpeas & quinoa

It comes from afar, should be on your Chef's radar, and makes you look like a culinary rockstar! You guessed it - it's za'atar, a savoury Middle Eastern spice blend. This will elevate roasted aubergine halves, which rests on loaded quinoa dotted with charred corn & toasted almonds. A serving of crispy chickpeas and a drizzle of zesty cashew nut cream cheese complete this gastronomic triumph.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jemimah Smith

Veggie

Laborie Estate | Laborie Rosé 2023

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Ingredients & Prep

250g	Aubergine <i>rinse, trim & cut in half lengthways</i>
60g	Chickpeas <i>drain & rinse</i>
10ml	Za'atar Spice
3g	Fresh Thyme <i>rinse & pick</i>
75ml	Quinoa <i>rinse</i>
10g	Almonds
50g	Corn
50ml	Cashew Nut Cream Cheese
1	Garlic Clove <i>peel & grate</i>
15ml	Lemon Juice
20g	Green Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & roughly dice</i>

From Your Kitchen

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

1. BRINJAL, EGGPLANT OR AUBERGINE? Preheat the oven to 220°C. Place the aubergine halves, cut-side-up, on a roasting tray. Using a sharp knife, score the flesh by creating a diamond pattern. Coat in oil and season. Roast in the hot oven until softened, 30-35 minutes. At the halfway mark, spread out the drained chickpeas on a separate roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes. In the final 5 minutes, add the za'atar spice and ½ the picked thyme to the scored aubergine.

2. ON TO THE QUINOA Place the rinsed quinoa in a pot with 150ml 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. A IS FOR ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. PREP STEP In a small bowl, combine the cashew nut cream cheese, the grated garlic (to taste), the lemon juice, and seasoning. In a separate bowl, toss together the cooked quinoa, the charred corn, the shredded leaves, ½ the toasted nuts, seasoning, and a drizzle of olive oil.

6. TIME TO DISH UP Make a bed of the loaded quinoa. Top with the roasted aubergine, the crispy chickpeas, and the diced cucumber. Drizzle over the cashew dressing. Garnish with the remaining thyme and the toasted almonds.

Nutritional Information

Per 100g

Energy	533kJ
Energy	127kcal
Protein	4.9g
Carbs	18g
of which sugars	2.9g
Fibre	4.1g
Fat	4.1g
of which saturated	0.6g
Sodium	62mg

Allergens

Allium, Sesame, Tree Nuts

Eat
Within
4 Days