



# QCOOK

## Chermoula Beef Mince & Aubergine

with a chickpea & tomato salad

**Hands-on Time:** 30 minutes

**Overall Time:** 45 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	396kJ	3413kJ
Energy	95kcal	817kcal
Protein	4.8g	41.6g
Carbs	8g	68g
of which sugars	3.8g	32.5g
Fibre	2.1g	18.2g
Fat	4.4g	38.2g
of which saturated	1.4g	12.4g
Sodium	31mg	270mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Aubergine <i>rinse &amp; cut in half lengthways, keeping the stem intact</i>
10ml	20ml	White Wine Vinegar
60g	120g	Chickpeas <i>drain &amp; rinse</i>
1	1	Tomato <i>rinse &amp; roughly dice</i>
3g	5g	Fresh Chives <i>rinse &amp; finely chop</i>
50ml	100ml	Low Fat Plain Yoghurt
150g	300g	Beef Mince
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
20ml	40ml	Pesto Princess Chermoula Paste
15ml	30ml	Tomato Paste
1	1	Garlic Clove <i>peel &amp; grate</i>
15g	30g	Pitted Dates <i>roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Sugar/Sweetener/Honey

**1. ROAST THE AUBERGINE** Preheat the oven to 220°C. Score the flesh side of the aubergine halves with a knife in a cross-hatch pattern without piercing all the way down to the skin. Spread the aubergine halves cut-side up 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 cooked through, 20-25 minutes (shifting halfway).

**2. PREP THE EXTRAS** In a salad bowl, combine the vinegar, a drizzle of olive oil, 5ml [10ml] of sweetener, and seasoning. Add the chickpeas, the tomato, and ½ the chives. Toss to combine and set aside in the fridge. In a small bowl, combine the yoghurt with the remaining chives and season.

**3. FRY THE 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, 3-5 minutes (shifting occasionally).

**4. CHERMOULA TIME** Add the onion to the pan with the mince. Fry until soft, 3-4 minutes. Add the chermoula paste, the tomato paste, and the garlic. Fry until fragrant, 1-2 minutes. Mix in 100ml [200ml] of water. Bring to a boil and simmer until reduced and thickening, 6-8 minutes. Remove from the heat, add a sweetener, and season.

**5. WHAT A FEAST!** Plate the roasted aubergine flesh-side up. Top with the chermoula mince and dollop over the yoghurt. Side with the chickpea salad and sprinkle over the dates.