



# UCOOK

## Aubergine, Feta & Quinoa Salad

with curried mayo

Quinoa is loaded with creamy feta, tangy tomato, oven-roasted aubergine, sweet piquanté peppers & fresh greens. Dollop with a curry-infused mayo, sprinkle with toasted sunflower seeds, and start savouring your delicious dinner, Chef!

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**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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Veggie

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Stettyn Wines | Stettyn Family Range Chenin Blanc

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## Ingredients & Prep

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75ml	Quinoa <i>rinse</i>
250g	Aubergine <i>rinse, trim &amp; cut into bite-sized pieces</i>
10ml	NOMU Indian Rub
10g	Sunflower Seeds
40ml	Mayo
5ml	Medium Curry Powder
30g	Danish-style Feta <i>drain</i>
80g	Baby Tomatoes <i>rinse &amp; cut into quarters</i>
20g	Piquanté Peppers <i>drain</i>
20g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. KEEN ON QUINOA** Preheat the oven to 220°C. 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.

**2. NOMU-SPICED AUBS** Spread the aubergine pieces on a roasting tray, coat in oil, the NOMU rub, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

**3. 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.

**4. CURRY MAYO** In a small bowl, combine the mayo with the curry powder (to taste). Season and loosen with water in 5ml increments until drizzling consistency. Set aside.

**5. FOR THE FLAVOUR** When the quinoa is done, toss with the drained feta, the quarters tomatoes, the drained peppers, the roasted aubergine and the shredded leaves. Season and set aside.

**6. HELP YOURSELF, CHEF!** Serve up the loaded quinoa salad and drizzle with the curried mayo. Garnish with the toasted seeds and dig in!

## Nutritional Information

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Per 100g

Energy	614kJ
Energy	147kcal
Protein	4.2g
Carbs	15g
of which sugars	4.1g
Fibre	3.2g
Fat	7.8g
of which saturated	1.5g
Sodium	170mg

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## Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat  
Within  
3 Days