

Eat Within 3 Days

UCOOK

Chermoula Beef Mince & Aubergine

with a chickpea & tomato salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Piekenierskloof | Old Vines Heidedal Cinsault 2022

Nutritional Info	Per 100g	Per Portion
Energy	387kJ	3329kJ
Energy	93kcal	797kcal
Protein	4.8g	41g
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

Ingredients & Prep Actions:

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

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
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.