



UCOOK

Harissa Aubergine & Tahini Salad

with crispy chickpeas & onion wedges

This one is a feast for the eyes and tastebuds, Chef! Aubergine chunks, chickpeas, and onion wedges are oven-roasted in a flavourful harissa marinade and drizzled with a tahini-yoghurt dressing. Served alongside a fresh cucumber salad, and garnished with mint, chopped dates & toasted almonds.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

 Veggie

 No paired wines

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Ingredients & Prep

500g	Aubergine <i>rinsed, trimmed & cut into bite-sized pieces</i>
1	Onion <i>peeled & cut into thick wedges</i>
240g	Chickpeas <i>drained & rinsed</i>
30g	Almonds <i>roughly chopped</i>
30ml	Pesto Princess Harissa Paste
100ml	Tahini Yoghurt <i>(20ml Tahini & 80ml Low Fat Plain Yoghurt)</i>
200g	Cucumber <i>rinsed & cut into half-moons</i>
40g	Salad Leaves <i>rinsed & roughly shredded</i>
1	Lemon <i>rinsed & cut into wedges</i>
40g	Pitted Dates <i>roughly chopped</i>
5g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. ROAST VEG MEDLEY Preheat the oven to 220°C. Spread the aubergine pieces, the onion wedges, and the drained chickpeas on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

2. TOASTED ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. HARISSA MOMENT Loosen the harissa paste with 40ml of oil. When the roast has 5 minutes remaining, coat the veggies in the loosened harissa and roast for the remaining time.

4. DELISH DRESSING In a small bowl, loosen the tahini yoghurt with water in 5ml increments until drizzling consistency. Add 2 tsp of sweetener and season.

5. JUST BEFORE SERVING In a salad bowl, combine the cucumber half-moons, the shredded salad leaves, and a squeeze of lemon juice (to taste).

6. DINNER IS READY Plate up the harissa roasted veggies and drizzle over the tahini-yoghurt dressing. Side with the cucumber salad. Sprinkle over the toasted almonds and the chopped dates, and garnish with the picked mint. Well done, Chef!



Chef's Tip

Air fryer method: Coat the aubergine pieces, the onion wedges, and the drained chickpeas in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	343kj
Energy	82kcal
Protein	3g
Carbs	11g
of which sugars	4.4g
Fibre	3.3g
Fat	2.6g
of which saturated	0.3g
Sodium	41mg

Allergens

Dairy, Allium, Sesame, Sulphites, Tree Nuts

Cook
within 3
Days