



# UCOOK

## Vegetarian Eggplant Agrodolce Salad

with pistachios & black rice

This dish is dark, delectable, and delicious. An Italian sweet & sour sauce is poured over charred aubergine chunks served on black rice loaded with sun-dried tomatoes, feta, pistachios, dates, and chilli flakes. Velvety crème fraîche and sprinkles of mint & parsley elevate this dish to new heights.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Rhea Hsu

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Adventurous Foodie

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Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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## Ingredients & Prep

500g	Aubergine <i>rinse, trim &amp; cut into bite-sized pieces</i>
30ml	NOMU Italian Rub
150ml	Black Rice <i>rinse</i>
10g	Mixed Herbs <i>(5g Fresh Mint &amp; 5g Fresh Parsley)</i>
20g	Pistachio Nuts <i>roughly chop</i>
80ml	Crème Fraîche
40ml	Vinegar Mix <i>(30ml Balsamic Vinegar &amp; 10ml Sherry Vinegar)</i>
15ml	Dried Chilli Flakes
80g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
60g	Pitted Dates <i>roughly chop</i>
100g	Danish-style Feta <i>drain &amp; crumble</i>

## From Your Kitchen

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

**1. ON WITH THE AUBS** Preheat the oven to 220°C. Spread the aubergine chunks on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until soft, 30-35 minutes (shifting halfway).

**2. READY THE RICE** Place the rinsed rice in a pot with 600ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 30-35 minutes. Drain (if necessary) and cover.

**3. HERBS & SAUCE** Rinse, pick, and roughly chop the mixed herbs. Place the chopped pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, loosen the crème fraîche with water in 5ml increments until drizzling consistency.

**4. PREP STEP** In a bowl, combine the vinegar mix, 40ml of olive oil, 5ml of sweetener (to taste), and the chilli flakes (to taste). Mix until the sweetener has dissolved. Season and set aside.

**5. TANGY, SWEET, NUTTY & FRESH** Once the aubergine is done, place in a bowl. Toss through ½ the vinegar sauce and set aside. When the rice is done, add ½ the chopped sun-dried tomatoes, the chopped dates, ½ the toasted pistachios, ½ the chopped mixed herbs, and the remaining vinegar sauce.

**6. A VEGGIE FEAST** Plate up the loaded black rice and top with the aubergine pieces. Scatter over the crumbled feta and the remaining sun-dried tomatoes. Drizzle over the loosened crème fraîche. Garnish with the remaining pistachios and herbs. Bellissima, Chef!

## Nutritional Information

Per 100g

Energy	701kJ
Energy	168kcal
Protein	4.5g
Carbs	21g
of which sugars	8.2g
Fibre	4.1g
Fat	7.7g
of which saturated	3.6g
Sodium	204mg

## Allergens

Allium, Sulphites, Tree Nuts, Alcohol,  
Cow's Milk

Eat  
Within  
4 Days