



UCOOK

Vegetarian Pulled Aubergine Bun

with harissa paste

Pull a culinary magic trick out of your Chef's hat with this roasted, pulled aubergine, which is cooked in a decadently rich harissa & tomato passata sauce. Layered on top of a toasted burger bun and balanced with a tangy tomato, cucumber, coriander, & chilli salsa.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jenna Peoples

Fan Faves

Stettyn Wines | Stettyn Family Range Chenin Blanc

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Ingredients & Prep

250g	Aubergine <i>rinse, trim & cut in half lengthways</i>
1	Tomato <i>rinse & cut into bite-sized pieces</i>
100g	Cucumber <i>rinse & cut into bite-sized chunks</i>
1	Onion <i>peel & roughly dice</i>
3g	Fresh Coriander <i>rinse, pick & finely dice</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
1	Lemon <i>rinse & cut in half</i>
1	Garlic Clove <i>peel & grate</i>
20ml	Pesto Princess Harissa Paste
50ml	Tomato Passata
1	Burger Bun <i>cut in half</i>
25ml	Crispy Onion Bits

From Your Kitchen

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

1. ROAST Preheat the oven to 220°C. Place the aubergine halves on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 20-25 minutes (shifting halfway).

2. SALSA In a bowl, combine the tomato chunks, the cucumber chunks, ¼ of the diced onions, the chopped coriander, the sliced chilli (to taste), a squeeze of lemon juice (to taste), and seasoning. Set aside in the fridge.

3. HARISSA SAUCE Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the remaining onion until soft, 3-4 minutes. Add the grated garlic and the harissa. Fry until fragrant, 30-60 seconds. Mix in the tomato passata and 100ml of water. Simmer until thickening and reduced, 8-10 minutes. Add sweetener (to taste) and seasoning. Remove from the heat.

4. PULLED AUBERGINE Once the aubergines are cooked, remove from the oven and pull the flesh apart using a fork. Add the pulled aubergine to the sauce and mix to combine.

5. TOAST Halve the burger bun, and spread butter or oil over the cut-side. Add to the oven to toast until warmed through and lightly golden, 3-4 minutes.

6. TIME TO EAT Load the bottom bun halve with the pulled aubergine, sprinkle over the crispy onion bits, and cover with the top bun halve. Serve the salsa on the side and dig in, Chef!



Chef's Tip

Air fryer method: Coat the aubergine halves in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	256kj
Energy	61kcal
Protein	1.8g
Carbs	11g
of which sugars	3.4g
Fibre	2.2g
Fat	1.1g
of which saturated	0.2g
Sodium	75mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat
Within
4 Days