



UCOOK

Vegetarian Chermoula Aubergine

with a chickpea & tomato salad

A flavourful, veggie-forward feast for the eyes and the palate, Chef! Scored oven-roasted aubergine is plated with lentils that have soaked up a concentrated Pesto Princess Chermoula Paste & tomato paste sauce, dotted with silky onion & garlic. Dolloped with creamy yoghurt, sweet dates, and served with a crunchy chickpea salad.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Carb Conscious

Creation Wines | Creation Sauvignon
Blanc/Semillon

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Aubergine <i>rinse & cut in half lengthways, keeping the stems intact</i>
10ml	White Wine Vinegar
60g	Chickpeas <i>drain & rinse</i>
1	Tomato <i>rinse & roughly dice</i>
3g	Fresh Chives <i>rinse & finely chop</i>
50ml	Low Fat Plain Yoghurt
1	Onion <i>peel & roughly dice</i>
30ml	Pesto Princess Chermoula Paste
15ml	Tomato Paste
1	Garlic Clove <i>peel & grate</i>
60g	Tinned Lentils <i>drain & rinse</i>
15g	Pitted Dates <i>roughly chop</i>

From Your Kitchen

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

1. 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).

2. PREP In a salad bowl, combine the vinegar, a drizzle of olive oil, 5ml of sweetener, and seasoning. Add the drained chickpeas, the diced tomato, and ½ the chopped chives. Toss to combine and set aside in the fridge. In a small bowl, combine the yoghurt with the remaining chives and season.

3. CHERMOULA LENTILS Place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onions and fry until soft, 3-4 minutes. Add the chermoula paste, the tomato paste, and the grated garlic. Fry until fragrant, 1-2 minutes. Mix in 100ml of water and the drained lentils. Simmer until reduced and thickening, 6-8 minutes. Remove from the heat, add a sweetener, and season.

4. EAT! Plate the roasted aubergine flesh-side up. Top with the chermoula lentils and dollop over the yoghurt. Side with the chickpea salad and sprinkle over the chopped dates.



Chef's Tip

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

Nutritional Information

Per 100g

Energy	326kJ
Energy	78kcal
Protein	3.4g
Carbs	11g
of which sugars	4.1g
Fibre	3.6g
Fat	1.8g
of which saturated	0.2g
Sodium	28mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days