



UCOOK

Eggplant Agrodolce Salad

with pistachios & black rice

This dish is dark, delectable, and delicious. An Italian sweet & sour sauce is poured over charred aubergine slices and 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.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Veggie

 Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

| | |
|-------|---|
| 250g | Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i> |
| 15ml | NOMU Italian Rub |
| 75ml | Black Rice <i>rinsed</i> |
| 6g | Mixed Herbs <i>(3g Fresh Mint & 3g Fresh Parsley)</i> |
| 10g | Pistachio Nuts <i>roughly chopped</i> |
| 40ml | Crème Fraîche |
| 30ml | Vinegar Mix <i>(20ml Balsamic Vinegar & 10ml Sherry Vinegar)</i> |
| 7,5ml | Dried Chilli Flakes |
| 40g | Sun-dried Tomatoes <i>drained & roughly chopped</i> |
| 30g | Pitted Dates <i>roughly chopped</i> |
| 50g | Danish-style Feta <i>drained & crumbled</i> |

From Your Kitchen

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

1. YOU'RE AUBERGENIUS! 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 softened, 30-35 minutes (shifting halfway).

2. RICE, RICE BABY Place the rinsed rice in a pot with 300ml 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. FRESH FLAVOURS 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 a drizzling consistency.

4. SWEET & SOUR SAUCE In a bowl, mix the vinegar mix, 20ml of oil, 2,5ml of sweetener, and the chilli flakes (to taste) until the sweetener has dissolved. Season and set aside.

5. AUB-A-LICIOUS Once the aubergine is finished, 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. LA DOLCE EATA! 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 | 708kj |
| Energy | 169kcal |
| Protein | 4.5g |
| Carbs | 21g |
| of which sugars | 8.2g |
| Fibre | 4.1g |
| Fat | 8.1g |
| of which saturated | 3.9g |
| Sodium | 243mg |

Allergens

Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within 5
Days