



UCOOK

Bejewelled Stuffed Aubergines

with beef mince, ricotta cheese & pomegranate gems

Roast aubergine is stirred through beef mince stewed with tomato, carrot, and rogan josh spices. Enriched with ricotta, bejewelled with dried pomegranate seeds and mint, it is stuffed into the smoky aubergine skins.

Hands-On Time: 25 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Samantha Finnegan

♥ Health Nut

🍷 Fat Bastard | Rosé

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Ingredients & Prep

750g	Aubergine <i>cut in half lengthways</i>
15ml	Beef Stock
2	Onions <i>1½ peeled & finely diced</i>
450g	Free-range Beef Mince
30ml	Cape Herb & Spice Rogan Josh Curry Spice
360g	Carrot <i>peeled & grated</i>
300g	Cooked Chopped Tomato
30g	Sunflower Seeds
120g	Green Leaves <i>rinsed</i>
10g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
150g	Ricotta
60g	Pomegranate Gems

From Your Kitchen

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

1. GET YOUR AUBS ON THE GO Preheat the oven to 190°C. Score the flat sides of the aubergine halves by making slits in their surfaces in a broad, cross-hatch pattern (about 1cm deep). Place cut-side up on a lightly greased roasting tray, season, and drizzle over some oil. Bake in the hot oven for 35-40 minutes until softened, but not completely cooked through.

2. SAUCY, SULTRY BEEF When the aubergines reach the halfway mark, boil the kettle and dilute the stock with 220ml of boiling water. Place a large pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 7-8 minutes until soft and translucent. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 6-8 minutes until browned, stirring occasionally. Mix in the rogan josh spice and ½ of the grated carrot, and fry for 4-5 minutes until fragrant, shifting constantly. Stir in the cooked chopped tomato and the diluted stock. Bring to a low simmer and cook for 10-12 minutes until thickened, stirring regularly.

3. MEANWHILE... Place a clean pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Roughly chop ½ of the rinsed green leaves and place in a salad bowl. Add the remaining grated carrot, ¾ of the sliced mint, a drizzle of oil, and seasoning. Toss to coat and set aside for serving.

4. IT'S GETTING EVEN BETTER! When the aubergines have softened, remove from the oven and gently scoop out most of the flesh, being careful not to break the skin. Set the skins aside for serving. Stir the flesh through the beef and simmer for a further 7-8 minutes until cooked through, breaking it up as it cooks.

5. LAST LITTLE SPRUCE When the sauce has finished simmering, add in ½ of the ricotta and mix through the remaining green leaves until wilted. Season to taste with salt, pepper, and a sweetener of choice. Remove the pan from the heat.

6. TIME TO DEVOUR Place the aubergine skins on a plate, spoon in the delicious beef, and crumble over the remaining ricotta. Side with the salad and garnish it all with the dried pomegranate gems, sunflower seeds, and remaining mint. Look at you go, Chef!

Nutritional Information

Per 100g

Energy	378kJ
Energy	90Kcal
Protein	5.1g
Carbs	6g
of which sugars	3.1g
Fibre	2g
Fat	5g
of which saturated	1.9g
Sodium	5mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days