



# QCOOK

## Chermoula Beef Mince & Aubergine

with a chickpea & tomato salad

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Neil Ellis Wines | Neil Ellis Groenekloof Syrah

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 396kJ    | 3413kJ      |
| Energy             | 95kcal   | 817kcal     |
| Protein            | 4.8g     | 41.6g       |
| Carbs              | 8g       | 68g         |
| of which sugars    | 3.8g     | 32.5g       |
| Fibre              | 2.1g     | 18.2g       |
| Fat                | 4.4g     | 38.2g       |
| of which saturated | 1.4g     | 12.4g       |
| Sodium             | 31mg     | 270mg       |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 250g     | 500g       | Aubergine<br><i>rinse &amp; cut in half lengthways, keeping the stem intact</i> |
| 10ml     | 20ml       | White Wine Vinegar  |
| 60g      | 120g       | Chickpeas<br><i>drain &amp; rinse</i>   |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice</i>                                       |
| 3g       | 5g         | Fresh Chives<br><i>rinse &amp; finely chop</i>                                  |
| 50ml     | 100ml      | Low Fat Plain Yoghurt   |
| 150g     | 300g       | Beef Mince  |
| 1        | 1          | Onion<br><i>peel &amp; roughly dice ½ [1]</i>                                   |
| 20ml     | 40ml       | Pesto Princess Chermoula Paste  |
| 15ml     | 30ml       | Tomato Paste  |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>   |
| 15g      | 30g        | Pitted Dates<br><i>roughly chop</i>   |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Sugar/Sweetener/Honey

**1. ROAST THE 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). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

**2. PREP THE EXTRAS** In a salad bowl, combine the vinegar, a drizzle of olive oil, 5ml [10ml] of sweetener, and seasoning. Add the chickpeas, the tomato, and ½ the chives. Toss to combine and set aside in the fridge. In a small bowl, combine the yoghurt with the remaining chives and season.

**3. FRY THE MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-5 minutes (shifting occasionally).

**4. CHERMOULA TIME** Add the onion to the pan with the mince. Fry until soft, 3-4 minutes. Add the chermoula paste, the tomato paste, and the garlic. Fry until fragrant, 1-2 minutes. Mix in 100ml [200ml] of water. Bring to a boil and simmer until reduced and thickening, 6-8 minutes. Remove from the heat, add a sweetener, and season.

**5. WHAT A FEAST!** Plate the roasted aubergine flesh-side up. Top with the chermoula mince and dollop over the yoghurt. Side with the chickpea salad and sprinkle over the dates.