UCOOK

Aubergine Borani

with cashew nut cream cheese & fresh mint

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	339kJ	2560kJ
Energy	81kcal	612kcal
Protein	3.4g	25.5g
Carbs	11g	85g
of which sugars	3.5g	26.7g
Fibre	3.3g	24.7g
Fat	2.2g	16.7g
of which saturated	0.4g	2.7g
Sodium	132mg	998mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Vegetable Stock Sachet
30ml	60ml	Cake Flour
250g	500g	Aubergine *rinse & cut into 1cm rounds*
60g	120g	Chickpeas *drain & rinse*
1	1	Onion *peel & roughly dice*
10ml	20ml	Tomato Paste
1	1	Garlic Clove *peel & grate*
10ml	20ml	Borani Spice Mix *(2.5ml [5ml] Ground Coriander, 2.5ml [5ml] Ground Cumin, 2.5ml [5ml] Ground Turmeric & 2.5ml [5ml] Cayenne Pepper)*
100ml	200ml	Tomato Passata
60g	120g	Red Kidney Beans *drain & rinse*
50ml	100ml	Cashew Nut Cream Cheese
3g	5g	Fresh Mint *rinse, pick & roughly chop*

From Your Kitchen

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

1. BEFORE WE START Preheat the oven to 200°C. Boil the kettle. Dilute the stock with 100ml [200ml] of hot water.

2. GOLDEN AUBS In a bowl, combine the cake flour with a generous amount of salt and pepper. Toss the aubergine in the flour, ensuring they are all evenly coated. Spread the aubergine rounds out on a greased baking tray and bake in the oven until golden and cooked through, 20-25 minutes.

3. CRISPY CHICKPEAS Place a pan over medium heat with a drizzle of oil. When hot, fry the chickpeas until golden, 5-6 minutes. Remove from the pan, season, and set aside.

4. BORANI SAUCE Return to medium heat with a drizzle of oil (if necessary). Fry the onion until soft, 5-6 minutes, shifting constantly. Add the tomato paste, garlic and borani spice mix, and fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata and the diluted stock and simmer until slightly reduced, 8-10 minutes. Mix through a sweetener (to taste) and the kidney beans. Season and remove from the heat.

5. LAYER AND SAVOUR Plate up the aubergines in an even layer. Top with the borani sauce. Dollop over the cashew nut cream cheese and finish it off with a sprinkle of mint. Dig in, Chef!

Chef's Tip Salting aubergine before cooking helps reduce any bitterness and draw out excess moisture, giving it a softer, creamier texture and helping it brown beautifully. Let it sit for about 10 minutes, then pat dry before cooking.