



UCOOK

Middle-Eastern Charred Aubergine

with dried cranberries, pine nuts & Danish-style feta

On a fluffy bed of bulgar wheat lies the smoky oven-charred aubergine, coated in rich Moroccan rub. Dressed with a toasted nut and feta mix, then drizzled with a pomegranate dressing and jewels of dried cranberries. Finished with fresh mint and a dollop of creamy yoghurt, you'll want more of this mouth-watering Middle-Eastern dish.

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Leopard's Leap | Culinaria Pinot Noir

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Ingredients & Prep

250g	Aubergine
15ml	NOMU Moroccan Rub
75ml	Bulgur Wheat
1	Lemon <i>½ zested & cut into wedges</i>
20g	Mixed Nuts <i>(10g Almonds & 10g Pine Nuts)</i>
60g	Danish-style Feta
10g	Dried Cranberries
4g	Fresh Mint <i>rinsed, picked & finely sliced</i>
60g	Chickpeas <i>rinsed & drained</i>
15ml	Crispy Onions
15ml	Pomegranate Dressing
50ml	Low Fat Plain Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. AMAZING AUBERGINE Preheat the oven to 200°C. Slice the aubergine in half and cut the flesh crosshatch about 1cm deep. Lay on a baking tray, cut side up. Coat in ½ the rub, seasoning, and a drizzle of oil. Roast in the hot oven for 30-35 minutes or until charred.

2. FLUFFY AND FLAVOURSOME Boil the kettle. Using a shallow bowl, submerge the bulgur wheat and the remaining rub in 100ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked and tender. Add the lemon zest and seasoning. Fluff up with a fork.

3. A TASTY TOPPING In a bowl, combine the mixed nuts and seasoning. Crumble in the drained feta and mix until combined. When the aubergine has 5-8 minutes remaining, top the aubergine with the feta-nut mixture. Put the oven on to the grill setting or the highest temperature and roast for the remaining time. In a bowl, combine the cranberries, ½ the fresh mint, drizzle of oil and season. Set aside.

4. CRISP UP THE CHICKPEAS Place a pan over medium-high heat with a drizzle of oil. When hot, add the drained chickpeas and toast for 12-15 minutes until crispy and caramel in colour. For best results, only shift them occasionally. If they start to pop out, use a lid to rein them in. Season and set aside.

5. A MIDDLE-EASTERN MEDLEY Plate up the fluffy bulgur wheat. Top with the roasted aubergine. Cover in the cranberry mix. Sprinkle over the remaining mint and the crispy onions, drizzle pomegranate dressing, crispy chickpeas and dollop with the yoghurt. Side with a lemon wedge. Dig in, Chef!

Nutritional Information

Per 100g

Energy	600kJ
Energy	143kcal
Protein	5.9g
Carbs	18g
of which sugars	3.6g
Fibre	4.7g
Fat	5.6g
of which saturated	2.2g
Sodium	244mg

Allergens

Gluten, Dairy, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days