

UCCOOK

Za'atar Roasted Aubergine

with crispy chickpeas & quinoa

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Neil Ellis Wines | Neil Ellis Groenekloof Syrah

Nutritional Info

	Per 100g	Per Portion
Energy	444kJ	2790kJ
Energy	106kcal	667kcal
Protein	3.8g	23.6g
Carbs	16g	101g
of which sugars	3.4g	21.2g
Fibre	3.5g	22.1g
Fat	2.5g	5.5g
of which saturated	0.5g	3.3g
Sodium	15mg	94mg

Allergens: Allium, Sesame, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Aubergine <i>rinse, trim & cut in half lengthways</i>
60g	120g	Chickpeas <i>drain & rinse</i>
40g	80g	Kale <i>rinse & roughly shred</i>
10ml	20ml	Za'atar Spice
3g	5g	Fresh Thyme <i>rinse & pick</i>
75ml	150ml	Quinoa <i>rinse</i>
10g	20g	Almonds
50g	100g	Corn
50ml	100ml	ButtaNutt Coconut Yoghurt
1	1	Garlic Clove <i>peel & grate</i>
15ml	30ml	Lemon Juice
50g	100g	Cucumber <i>rinse & roughly dice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. BRINJAL, EGGPLANT OR AUBERGINE? Preheat the oven to 220°C. Place the aubergine, cut-side-up, on a roasting tray. Using a sharp knife, score the flesh by creating a diamond pattern. Coat in oil and season. Roast in the hot oven until softened, 30-35 minutes. At the halfway mark, spread out the chickpeas on a separate roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes. Place the kale on a separate roasting tray with a drizzle of olive oil and seasoning. Massage until softened and coated. In the final 5 minutes, add the za'atar spice and ½ the thyme to the scored aubergine and pop the tray of dressed kale into the oven for the remaining time until crispy.

2. ON TO THE QUINOA Place the quinoa in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. A IS FOR ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. PREP STEP In a small bowl, combine the yoghurt, the garlic (to taste), the lemon juice, and seasoning. In a separate bowl, toss together the quinoa, the corn, ½ the toasted nuts, seasoning, and a drizzle of olive oil.

6. TIME TO DISH UP Make a bed of the loaded quinoa. Top with the roasted aubergine, the crispy kale, the golden chickpeas, and the cucumber. Drizzle over the yoghurt dressing. Garnish with the remaining thyme and the toasted nuts.