

U COOK

Coriander Pesto & Aubergine Bowl

with coriander & chilli pesto

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Seasalter Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	518kJ	3539kJ
Energy	124kcal	847kcal
Protein	4g	27.6g
Carbs	16.9g	115.3g
of which sugars	3.7g	25.5g
Fibre	3.7g	25g
Fat	3.7g	25.5g
of which saturated	0.6g	4.4g
Sodium	73mg	501mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: Hot



Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

250g	500g	Aubergine <i>rinse & cut into bite-sized chunks</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
75ml	150ml	White Quinoa <i>rinse</i>
10g	20g	Cashew Nuts <i>roughly chop</i>
120g	240g	Chickpeas <i>drain & rinse</i>
10ml	20ml	NOMU Italian Rub
30ml	60ml	ButtaNutt Coconut Yoghurt
3g	5g	Fresh Mint <i>rinse & roughly chop</i>
1	1	Fresh Chilli <i>rinse, deseed & finely slice</i>
25ml	50ml	Pesto Princess Coriander & Chilli Pesto
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. AUBS & ONION Preheat the oven to 220°C. Spread the aubergine and onion 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 crispy, 20-25 minutes (shifting halfway).

2. KEEN ON 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. CASHEWS & CHICKPEAS Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and return the pan to medium heat with a drizzle of oil. Fry the chickpeas until golden and crispy, 8-10 minutes. At the halfway mark, add the NOMU rub, shifting constantly to avoid the rub from burning.

4. MINTY YOGHURT In a bowl, mix together the yoghurt and ½ the mint. Season and set aside.

5. LOAD WITH FLAVOUR When the quinoa is finished, mix through the chickpeas, some chilli (to taste), the pesto, the roasted veg and seasoning.

6. TASTY DINNER Plate up the loaded quinoa, topped with dollops of the mint-yoghurt. Finish off with some chilli (to taste), the cashews, the remaining mint and the crispy onions. Enjoy!