



# UCOOK

## Vegetarian Italian-style Aubergine

**with an emmental cheese sauce & fresh basil**

Aubergine's rich earthiness is the perfect veggie vehicle for Italian flavours. This recipe features oven-roasted aubergine tossed with sun-dried tomato, kale, crispy chickpeas & onion wedges, sided with a decadent emmental cheese sauce. Garnished with fresh parsley & toasted sunflower seeds.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Isabella Melck

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Carb Conscious

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Neil Ellis Wines | Neil Ellis Groenekloof Syrah

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## Ingredients & Prep

|       |   |
|-------|---|
| 750g  | Aubergine<br><i>rinse, trim &amp; cut half lengthways</i> |
| 2     | Onions<br><i>peel &amp; cut into wedges</i>               |
| 45ml  | NOMU Italian Rub  |
| 300g  | Kale<br><i>rinse &amp; roughly shred</i>                  |
| 360g  | Chickpeas in Brine<br><i>drain &amp; rinse</i>            |
| 30g   | Sunflower Seeds   |
| 2     | Garlic Cloves<br><i>peel &amp; grate</i>                  |
| 15ml  | Corn Flour  |
| 180ml | Low Fat Fresh Milk  |
| 90g   | Emmental Cheese<br><i>grate</i>                           |
| 90g   | Sun-Dried Tomatoes<br><i>drain &amp; roughly chop</i>     |
| 8g    | Fresh Parsley<br><i>rinse, pick &amp; chop</i>            |

## From Your Kitchen

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

**1. PREP & ROAST THE VEG** Preheat the oven to 200°C. Cut the flesh of the aubergine halves with a crosshatch pattern about 1cm deep and place on a roasting tray, cut-side up, with the onion wedges. Coat in ½ the NOMU rub, seasoning, and a drizzle of oil. Roast in the hot oven until charred, 35-40 minutes. Place the kale into a bowl with a drizzle of oil. Using your hands, gently massage until softened and coated. Toss in the rinsed chickpeas, the remaining NOMU rub, a drizzle of oil and seasoning. Set aside.

**2. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. EMMENTAL CHEESE SAUCE** Return the pan to medium heat with 30g of butter. When the butter starts to foam, add the grated garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the flour and fry, 1-2 minutes (shifting constantly). Remove the saucepan from the heat, and gradually stir in the milk, making sure there are no lumps. Return the sauce to a medium heat, mix through the grated cheese and stir until melted. Loosen with a splash of water, season and cover.

**4. PAST THE HALFWAY MARK** When the aubergine reaches the halfway mark, add the dressed kale and chickpeas to the tray and return to the oven for the remaining time.

**5. TASTY TOMATO** When the roast is done, toss the chopped sun-dried tomatoes through the veg and set aside. Gently heat the cheese sauce before serving, if needed.

**6. VEGETARIAN FEAST** Plate up the roasted aubergine halves and side with the roasted veg. Drizzle over the cheese sauce and garnish with the chopped parsley & toasted seeds. Amazing, Chef!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 391kJ  |
| Energy             | 94kcal |
| Protein            | 4.2g   |
| Carbs              | 10g    |
| of which sugars    | 3.9g   |
| Fibre              | 3.4g   |
| Fat                | 3.4g   |
| of which saturated | 1.2g   |
| Sodium             | 111mg  |

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days