



UCOOK

Vegetarian Eggplant Agrodolce Salad

with pistachios & black rice

This dish is dark, delectable, and delicious. An Italian sweet & sour sauce is poured over charred aubergine chunks served on black rice loaded with sun-dried tomatoes, feta, pistachios, dates, and chilli flakes. Velvety crème fraîche and sprinkles of mint & parsley elevate this dish to new heights.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

Adventurous Foodie

Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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Ingredients & Prep

750g	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
45ml	NOMU Italian Rub
225ml	Black Rice <i>rinse</i>
16g	Mixed Herbs <i>(8g Fresh Mint & 8g Fresh Parsley)</i>
30g	Pistachio Nuts <i>roughly chop</i>
125ml	Crème Fraîche
60ml	Vinegar Mix <i>(45ml Balsamic Vinegar & 15ml Sherry Vinegar)</i>
22,5ml	Dried Chilli Flakes
120g	Sun-dried Tomatoes <i>drain & roughly chop</i>
90g	Pitted Dates <i>roughly chop</i>
150g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. ON WITH THE AUBS Preheat the oven to 220°C. Spread the aubergine chunks on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until soft, 30-35 minutes (shifting halfway).

2. READY THE RICE Place the rinsed rice in a pot with 900ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 30-35 minutes. Drain (if necessary) and cover.

3. HERBS & SAUCE Rinse, pick, and roughly chop the mixed herbs. Place the chopped pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, loosen the crème fraîche with water in 5ml increments until drizzling consistency.

4. PREP STEP In a bowl, combine the vinegar mix, 60ml of olive oil, 7,5ml of sweetener (to taste), and the chilli flakes (to taste). Mix until the sweetener has dissolved. Season and set aside.

5. TANGY, SWEET, NUTTY & FRESH Once the aubergine is done, place in a bowl. Toss through ½ the vinegar sauce and set aside. When the rice is done, add ½ the chopped sun-dried tomatoes, the chopped dates, ½ the toasted pistachios, ½ the chopped mixed herbs, and the remaining vinegar sauce.

6. A VEGGIE FEAST Plate up the loaded black rice and top with the aubergine pieces. Scatter over the crumbled feta and the remaining sun-dried tomatoes. Drizzle over the loosened crème fraîche. Garnish with the remaining pistachios and herbs. Bellissima, Chef!

Nutritional Information

Per 100g

Energy	701kJ
Energy	168kcal
Protein	4.5g
Carbs	21g
of which sugars	8.2g
Fibre	4.1g
Fat	7.7g
of which saturated	3.6g
Sodium	204mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol,
Cow's Milk

Eat
Within
4 Days