



UCOOK

Chermoula Beef Mince & Aubergine

with a chickpea & date salad

Perfectly oven-roasted aubergine halves form a savoury base and are topped with mouthwatering mince, enriched with chermoula & tomato paste. A dollop of chive-infused yoghurt adds a creamy finish. Plated with a side of chickpea salad and a sprinkle of chopped dates.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Neil Ellis Wines | Neil Ellis Groenekloof Syrah

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Ingredients & Prep

250g	Aubergine <i>rinse & cut in half lengthways, keeping the stem intact</i>
10ml	White Wine Vinegar
60g	Chickpeas <i>drain & rinse</i>
1	Tomato <i>rinse & roughly dice</i>
3g	Fresh Chives <i>rinse & finely chop</i>
50ml	Low Fat Plain Yoghurt
150g	Free-range Beef Mince
1	Onion <i>peel & roughly dice ½</i>
20ml	Pesto Princess Chermoula Paste
15ml	Tomato Paste
1	Garlic Clove <i>peel & grate</i>
15g	Pitted Dates <i>roughly chop</i>

From Your Kitchen

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

1. ROAST THE AUBERGINE Preheat the oven to 220°C. Score the flesh side of the aubergine halves with a knife in a cross-hatch pattern without piercing all the way down to the skin. Spread the aubergine halves cut-side up on a roasting tray. Coat in oil and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

2. PREP THE EXTRAS In a salad bowl, combine the vinegar, a drizzle of olive oil, 5ml of sweetener, and seasoning. Toss through the drained chickpeas, the diced tomato, ½ the chopped chives, and set aside in the fridge. In a small bowl, combine the yoghurt with the remaining chives and season.

3. FRY THE MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

4. CHERMOULA TIME Add the diced onions to the pan with the mince. Fry until soft, 3-4 minutes. Add the chermoula paste, the tomato paste, and the grated garlic. Fry until fragrant, 1-2 minutes. Mix in 100ml of water and simmer until reduced and thickening, 6-8 minutes. Remove from the heat, add a sweetener (to taste), and season.

5. WHAT A FEAST! Plate the roasted aubergine flesh-side up. Top with the chermoula mince and dollop over the yoghurt. Side with the chickpea salad and sprinkle over the chopped dates.



Chef's Tip

Air fryer method: Coat the aubergine halves in oil, and season. Air fry at 200°C cut-side up until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	399kj
Energy	95kcal
Protein	4.8g
Carbs	8g
of which sugars	3.8g
Fibre	2.1g
Fat	4.5g
of which saturated	1.4g
Sodium	32mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days