



UCOOK

Melitzana Moussaka

with aubergine, marinara sauce & panko-mozzarella crust

Melitzana is Greek for 'aubergine' – the veg of many names. Expect the tender flesh of melitzana, a thick tomato sauce, and melty mozzarella cheese. Expect the delightful coating of basil pesto and crackle of panko crumb. Expect minimal prep and a thorough bake!


Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Haute Cabrière | Pinot Noir Rosé

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Ingredients & Prep

5ml	Vegetable Stock
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
3g	Fresh Oregano <i>rinsed, picked & finely chopped</i>
100g	Cooked Chopped Tomato
300g	Aubergine <i>halved lengthways</i>
80ml	Cheesy Panko Crumb <i>(65ml Panko Breadcrumbs & 15ml Grated Italian-style Hard Cheese)</i>
5ml	NOMU Roast Rub
15ml	Pesto Princess Basil Pesto
50g	Grated Mozzarella
7,5ml	Raspberry Vinegar
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. MARINARA OF THE MED Preheat the oven to 190°C. Boil the kettle and dilute the stock with 60ml of boiling water. Place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the grated garlic and chopped oregano. Fry for 1-2 minutes until fragrant, shifting constantly. Stir through the cooked chopped tomato and the diluted stock. Bring to a simmer and cook for 1-2 minutes until reduced by a quarter, stirring regularly. On completion, stir through some salt, pepper, and a sweetener of choice to taste. Evenly spread ½ of the tomato mix to an ovenproof dish – large enough for the aubergine halves.

2. MELITZANA Using a knife, score the flat sides of the aubergine halves by making slits in their surface (about 1cm deep) in a broad, cross-hatch pattern. Season and place cut-side down in the dish of sauce. Drizzle over some oil and bake in the hot oven for 40-45 minutes.

3. CRISPY CRUMB When the aubergine has 15 minutes remaining, combine the cheesy panko crumb with ¾ of the Roast rub and 1 tsp of oil. Remove the dish from the oven and flip the aubergine. Smear the basil pesto over the top and sprinkle over the grated mozzarella. Add the remaining tomato mix around the aubergines then evenly cover in a layer of the panko crumb mixture. Return to the oven for the remaining cooking time, until the aubergine is tender and the crust is crispy and golden.

4. ZESTY GREENS Whisk the raspberry vinegar with 1 tsp of olive oil and ½ tsp of a sweetener of choice until dissolved. Whisk in the remaining Roast rub. Just before serving, toss the rinsed green leaves with the dressing to taste.

5. GOLDEN CRUMBED HEAVEN Dish up the gorgeously golden aubergine bake and spoon over the remaining marinara sauce. Serve with the tangy leaves on the side. Comforting and delicious!



Chef's Tip

Aubergines are high in manganese. Manganese is used by your body to improve bone health, reduce disease risk, regulate blood sugar, and assist in the metabolism of other vital nutrients.

Nutritional Information

Per 100g

Energy	376kJ
Energy	90Kcal
Protein	3.9g
Carbs	10g
of which sugars	3.3g
Fibre	3.1g
Fat	3.7g
of which saturated	1.6g
Sodium	244mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days