



UCOOK

Roasted Aubergine & Chickpea Salad

with toasted pita triangles

A creamy chickpea salad is a simple, yet elegant dish that can be enjoyed any time of day. This one is loaded with artichokes, pickled pepper, cucumber, red onion, and fresh parsley providing a crunchy and flavourful contrast to the vegan That Mayo & cashew cream cheese. Served with roasted aubergine and triangles of toasted pita for scooping.


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Veggie

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
10ml	NOMU Moroccan Rub
50g	Artichoke Quarters
30g	Pickled Bell Peppers
120g	Chickpeas
1	Red Onion
50g	Cucumber
4g	Fresh Parsley
50ml	That Mayo (Vegan)
30ml	Cashew Nut Cream Cheese
15ml	Crispy Onion Bits
1	Pita Bread

From Your Kitchen

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

1. ON WITH THE AUBERGINE Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray. Coat in oil, the rub, and seasoning. Roast in the hot oven for 25-30 minutes until soft and browned, shifting halfway.

2. PREP STEP Drain and roughly chop the artichoke quarters and the pickled peppers. Drain and rinse the chickpeas. Peel and finely dice ¼ of the red onion. Roughly dice the cucumber. Rinse, pick, and roughly chop the parsley.

3. CHICKADEE CHICKADOO In a salad bowl, combine the mayo, the cashew nut cream cheese, ½ the chopped parsley, and seasoning. Loosen with a splash of water if necessary. Add the drained chickpeas, the chopped artichokes, the chopped pickled pepper, the diced cucumber, and the diced onion (to taste). Toss until combined. Set aside.

4. RAISE A TOAST Place a pan over medium heat. When hot, warm the pita for 30-60 seconds per side until heated through and lightly toasted. Cut the toasted pita into triangles.

5. PLATE IT UP Plate up the chickpea salad and sprinkle over the crispy onion bits. Side with the roasted aubergine chunks and the toasted pita triangles. Garnish with the remaining parsley. Get scooping, Chef!

Nutritional Information

Per 100g

Energy	579kJ
Energy	138kcal
Protein	3.9g
Carbs	19g
of which sugars	3.3g
Fibre	3.3g
Fat	4.2g
of which saturated	0.9g
Sodium	227mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Cook
within 2
Days