



# UCOOK

## Vegetarian Aubergine & Pistachio Pasta

**with lemon & black pepper goat's cheese**

This veggie pasta dish will impress everyone at the table, whether they're vegetarian or not. Oven-roasted aubergine is tossed with charred baby marrows, fresh basil, and black peppercorn-crusted goat's cheese, and topped with a toasted pistachio & panko crumb. Give it a squeeze of lemon and enjoy the Italian feast, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Adventurous Foodie

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 Waterford Estate | Waterford Sauvignon Blanc

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## Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed &amp; cut into bite-sized chunks</i>
10ml	NOMU Italian Rub
100g	Fusili Pasta
40ml	Panko Breadcrumbs
15g	Pistachio Nuts <i>finely chopped</i>
1	Lemon <i>½ zested &amp; cut into wedges</i>
5ml	Crushed Black Peppercorns
50g	Chevin Goat's Cheese
150g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized pieces</i>
3g	Fresh Basil <i>rinsed, picked &amp; roughly torn</i>

## From Your Kitchen

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

**1. BEGIN WITH BRINJAL** Preheat the oven to 220°C. Spread the aubergine pieces on a roasting tray, coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

**2. AL DENTE PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving 1 cup of pasta water, and toss through a drizzle of olive oil.

**3. LEMONY CRUMBS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the breadcrumbs, the chopped pistachios, the lemon zest (to taste), and seasoning. Fry until the breadcrumbs have browned, 2-3 minutes (shifting occasionally). Remove from the pan.

**4. ROLLED PEPPERCORN CHEESE** Place the crushed peppercorns on a chopping board and spread out in a single layer. Place the goat's cheese on the pepper and gently roll until fully coated. Slice into rounds and set aside.

**5. ZESTY BABY MARROW** Return the pan or griddle pan to medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes. In the final minute, squeeze over the juice from 1 lemon wedge. Remove from the pan and season.

**6. TOSS TOGETHER** Toss the cooked aubergine, the baby marrow, ½ the torn basil, and ½ the pepper crusted goat's cheese through the cooked pasta. Mix through the reserved pasta water until saucy.

**7. A TASTE SENSATION** Plate up the aubergine and baby marrow pasta and scatter with the zesty pistachio crumb. Serve the remaining pepper-coated goat's cheese over the top and garnish with the remaining torn basil. Serve any remaining lemon wedges on the side.

## Nutritional Information

Per 100g

Energy	525kJ
Energy	125kcal
Protein	5.4g
Carbs	20g
of which sugars	3.4g
Fibre	2.8g
Fat	3.3g
of which saturated	1.4g
Sodium	131mg

## Allergens

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

Cook  
within  
4 Days