



# UCOOK

## Aubergine & Ostrich Mince Bake

with fresh mint

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info	Per 100g	Per Portion
Energy	301kJ	3113kJ
Energy	72kcal	745kcal
Protein	4.9g	50.6g
Carbs	6g	57g
of which sugars	2.8g	29.2g
Fibre	1.8g	18.2g
Fat	3.1g	31.7g
of which saturated	1.5g	15.1g
Sodium	75mg	775mg

**Allergens:** Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1 [Serves 2]

250g	500g	Aubergine <i>rinse, trim &amp; slice into 1cm thick rounds</i>
10g	20g	Pumpkin Seeds
150g	300g	Free-range Ostrich Mince
1	1	Onion <i>peel &amp; roughly slice 1/2 [1]</i>
1	1	Bell Pepper <i>rinse, deseed &amp; cut 1/2 [1] into strips</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
10ml	20ml	NOMU Moroccan Rub
100ml	200ml	Tomato Passata
100ml	200ml	Creamy Topping <i>(50ml [100ml] Greek Yoghurt &amp; 50ml [100ml] Cream Cheese)</i>
3g	5g	Fresh Mint <i>rinse, pick &amp; finely slice</i>

- 1. AUBS** Preheat the oven to 220°C. Spread the aubergine on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
- 2. TOAST** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. SAUCE** Return the pan to 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. Add the onion and pepper. Fry until lightly golden, 5-6 minutes (shifting occasionally). Add the garlic, the NOMU rub, and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 100ml **[200ml]** of water. Simmer until thickening and reduced, 6-8 minutes. Remove from the heat, add a sweetener (to taste), and season.
- 4. MOUSSAKA** Pour the saucy mince into an ovenproof dish, top with a layer of the aubergine, and lightly smear the creamy topping over the aubergine rounds. Turn the oven to grill or the highest setting, grill until bubbling, and lightly golden, 5-8 minutes.
- 5. DINNER IS READY** Dish up the moussaka, top with a sprinkle of the pumpkin seeds, and garnish with the mint. Dig in, Chef!

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (Salt & Pepper)