



UCOOK

Ricotta-stuffed Aubergine Bake

with grated Italian-style hard cheese & fresh basil

Enjoy this quick & creamy melanzane bake with a brinjal twist, or parmigiana di melanzane as the Italians call it. Relish the classic Italian flavours of tomato passata, basil & cheese in this ultimate comfort food recipe. Served with a fresh green salad & pumpkin seeds.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Leopard's Leap | Cabernet Sauvignon

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Ingredients & Prep

250g	Aubergine <i>trimmed & sliced into 1cm thick slices</i>
10g	Pumpkin Seeds
1	Onion <i>½ peeled & finely diced</i>
10ml	NOMU Provençal Rub
1	Garlic Clove <i>peeled & grated</i>
5ml	Tomato Paste
100ml	Tomato Passata
120g	Cannellini Beans <i>drained & rinsed</i>
50g	Ricotta
4g	Fresh Basil <i>rinsed & roughly chopped</i>
30ml	Grated Italian-style Hard Cheese
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. AWESOME AUBERGINE Preheat the oven to 200°C. Boil the kettle. Place the aubergine slices on a baking tray in a single layer. Coat in oil and season. Pop in the hot oven and roast for 15-20 minutes until tender. Remove from the oven and set aside to cool.

2. POPPIN' PUMPKIN SEEDS Place a pan over medium heat with the pumpkin seeds. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside.

3. BEAN TOMATO SAUCE Return the pan to medium heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the rub, the grated garlic, and the tomato paste. Fry for 1-2 minutes until fragrant, shifting constantly. Pour in the passata and 100ml of water. Mix until combined and lower the heat slightly. Simmer for 8-10 minutes until slightly reduced. In the final 3-5 minutes, add the rinsed beans.

4. STUFFED AUBERGINE In a bowl, combine the ricotta, ½ the chopped basil, and seasoning. Dollop a spoonful of the ricotta mix in the center of each roasted aubergine slice. Fold each aubergine slice over to create a parcel and set aside.

5. GOLDEN PERFECTION When the sauce is done, season with a sweetener of choice, salt, and pepper. Pour into an ovenproof dish. Top with the aubergine parcels, fold-side down. Sprinkle over the grated cheese and bake for 10-15 minutes until golden. In a bowl, dress the rinsed green leaves with a drizzle of oil and seasoning.

6. THAT MOMENT... Serve up the ricotta aubergine and the tomato sauce. Side with the dressed green leaves. Sprinkle over the toasted pumpkin seeds and the remaining basil. Well done, Chef!

Nutritional Information

Per 100g

Energy	326kJ
Energy	78kcal
Protein	3.9g
Carbs	9g
of which sugars	3.1g
Fibre	3.3g
Fat	2.5g
of which saturated	1.2g
Sodium	170mg

Allergens

Egg, Dairy, Allium

Cook
within
4 Days