



QCOOK

Moroccan-Spiced Lamb & Aubergine

with kale & tzatziki

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Mr May Grenache

Nutritional Info	Per 100g	Per Portion
Energy	368kj	2870kj
Energy	88kcal	686kcal
Protein	6.4g	49.5g
Carbs	5.8g	45.4g
of which sugars	3.3g	25.7g
Fibre	2g	15.6g
Fat	4.1g	32.2g
of which saturated	1.6g	12.6g
Sodium	102.1mg	795.3mg

Allergens: Sulphites, Cow's Milk, Alcohol, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Lamb Mince
250g	500g	Aubergine <i>rinse, trim & cut into half-moons</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
15ml	30ml	Spice Blend <i>(10ml [20ml] NOMU Moroccan Rub & 5ml [10ml] Smoked Paprika)</i>
30ml	60ml	Red Wine
100ml	200ml	Tomato Passata
50g	100g	Kale <i>rinse & roughly shred</i>
50ml	100ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

1. ROAST 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, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. MINCE Place a pan over 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. Fry until browned, 3-4 minutes (shifting occasionally).

3. SAUCY MINCE Add the onion to the mince and fry until soft, 5-6 minutes. Mix in the spice blend and fry until fragrant, 30-60 seconds. Add the wine and cook until it evaporates. Mix in the tomato passata and 150ml [300ml] of water. Simmer until reduced and thickened, 12-15 minutes.

4. KALE When the saucy mince has 2-3 minutes to go, mix in the kale and cook until slightly wilted. Remove from the heat, add a sweetener (to taste), and seasoning.

5. DINNER IS READY Dish up the aubergine, side with the loaded Moroccan-spice mince, and finish with dollops of tzatziki. Dig in, Chef!