



# UCOOK

## Vegetarian Pulled Aubergine Bun

with harissa paste

Pull a culinary magic trick out of your Chef's hat with this roasted, pulled aubergine, which is cooked in a decadently rich harissa & tomato passata sauce. Layered on top of a toasted burger bun and balanced with a tangy tomato, cucumber, coriander, & chilli salsa.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Jenna Peoples

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Fan Faves

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Stettyn Wines | Stettyn Family Range Chenin Blanc

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## Ingredients & Prep

1kg	Aubergine <i>rinse, trim &amp; cut in half lengthways</i>
4	Tomatoes <i>rinse &amp; cut into bite-sized pieces</i>
400g	Cucumber <i>rinse &amp; cut into bite-sized chunks</i>
2	Onions <i>peel &amp; roughly dice</i>
10g	Fresh Coriander <i>rinse, pick &amp; finely dice</i>
2	Fresh Chillies <i>rinse, trim, deseed &amp; finely slice</i>
1	Lemon <i>rinse &amp; cut in half</i>
2	Garlic Cloves <i>peel &amp; grate</i>
80ml	Pesto Princess Harissa Paste
200ml	Tomato Passata
4	Burger Buns <i>cut in half</i>
100ml	Crispy Onion Bits

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 220°C. Place the aubergine halves on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 25-30 minutes (shifting halfway).

**2. SALSA** In a bowl, combine the tomato chunks, the cucumber chunks, ¼ of the diced onions, the chopped coriander, the sliced chilli (to taste), a squeeze of lemon juice (to taste), and seasoning. Set aside in the fridge.

**3. HARISSA SAUCE** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the remaining onion until soft, 4-5 minutes. Add the grated garlic and the harissa. Fry until fragrant, 30-60 seconds. Mix in the tomato passata and 400ml of water. Simmer until thickening and reduced, 10-12 minutes. Add sweetener (to taste) and seasoning. Remove from the heat.

**4. PULLED AUBERGINE** Once the aubergines are cooked, remove from the oven and pull the flesh apart using a fork. Add the pulled aubergine to the sauce and mix to combine.

**5. TOAST** Halve the burger buns, and spread butter or oil over the cut-side. Add to the oven to toast until warmed through and lightly golden, 3-4 minutes.

**6. TIME TO EAT** Load the bottom bun halves with the pulled aubergine, sprinkle over the crispy onion bits, and cover with the top bun halves. Serve the salsa on the side and dig in, Chef!



## Chef's Tip

Air fryer method: Coat the aubergine halves in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	256kJ
Energy	61kcal
Protein	1.8g
Carbs	11g
of which sugars	3.4g
Fibre	2.2g
Fat	1.1g
of which saturated	0.2g
Sodium	75mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Eat  
Within  
4 Days