

UCOOK

Roast Aubergine & Chunky Zaalouk

with crispy chickpeas & a sourdough baguette

If you're wondering what 'zaalouk' means, it's Arabic for purée or something soft. Our take on this mouth-watering Moroccan dish is a medley of roasted aubergines and butternut with a garlic & exotic spice tomato sauce. Served with a scattering of fresh coriander and crispy chickpeas!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

Veggie

Strandveld | Grenache

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Ingredients & Prep

250g	Aubergine <i>rinse, trim & cut into small bite-sized pieces</i>
250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
120g	Chickpeas <i>drain & rinse</i>
15ml	Spice Mix <i>(2,5ml Ground Cumin, 10ml Ground Paprika & 2,5ml NOMU Chipotle Flakes)</i>
1	Onion <i>peel & finely dice ½</i>
20ml	Piquanté Peppers <i>drain</i>
1	Garlic Clove <i>peel & grate</i>
100ml	Cooked Chopped Tomato
1	Sourdough Baguette <i>slice into 1-2cm rounds</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. AMAZING AUBS Preheat the oven to 220°C. Spread the aubergine and butternut pieces on a roasting tray, coat in oil, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. FLAVOURFUL CHICKPEAS Coat the drained chickpeas in oil, ⅓ of the spice mix, and seasoning. Spread out in a single layer on a second roasting tray and set aside. When the roast has 10 minutes to go, add the chickpea tray to the hot oven for the remaining time.

3. PIQUANTÉ PEPPERS Place a deep pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the drained piquanté peppers, the grated garlic, and the remaining spice mix, and cook until fragrant, 30-60 seconds (shifting constantly). Mix through the cooked chopped tomato and 200ml of water. Remove from the heat and set aside.

4. IT'S ALL ABOUT THE BASE When the aubergine has finished roasting, add it to the pan with the tomato base. Lightly mash with a fork or potato masher. Return to medium heat and simmer until the sauce has thickened, 5-6 minutes. Mix through the roasted butternut, a sweetener (to taste), and seasoning. Cover and set aside.

5. BUTTERED BAGUETTE ROUNDS Spread butter (optional) or oil over the baguette rounds. Place a pan over medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side. Alternatively, place the buttered baguette rounds in a single layer on a baking tray, sprinkle with water, and bake in the hot oven until toasted, 3-5 minutes.

6. LOOK, IT'S ZAALOUK! Plate up the chunky zaalouk. Scatter over the crispy chickpeas. Garnish with the chopped coriander and drizzle with olive oil. Side with the toasted baguette rounds for dunking. Well done, Chef!

Chef's Tip

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

Nutritional Information

Per 100g

Energy	382kj
Energy	91kcal
Protein	3.5g
Carbs	16g
of which sugars	3.7g
Fibre	2.9g
Fat	0.8g
of which saturated	0.1g
Sodium	109mg

Allergens

Gluten, Allium, Wheat, Sulphites

Eat
Within
4 Days