

U COOK



Eat Within 4 Days

Doos Goat's Cheese & Artichoke Aub

with cumin lentils

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Doos Winery

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	278kJ 66kcal	1604kJ 384kcal
Protein	3.6g	21g
Carbs	10g	59g
of which sugars	3.7g	21.1g
Fibre	3.7g	20.9g
Fat	1.1g	6.5g
of which saturated	0.7g	3.8g
Sodium	51mg	292mg

Allergens: Sulphites, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1 [Serves 2]

3g	5g	Fresh Basil <i>rinse, pick & roughly tear</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
60g	120g	Tinned Lentils <i>drain & rinse</i>
25g	50g	Chevin Goat's Cheese
250g	500g	Aubergine <i>rinse & cut in half lengthways, keeping the stem intact</i>
50ml	100ml	Tomato Passata
2,5ml	5ml	Cumin Seeds
40g	80g	Artichoke Quarters <i>drain & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

1. AWESOME AUBS Preheat the oven to 220°C. Score the flesh side of the aubergine halves with a knife in a cross-hatch pattern without piercing all the way down to the skin. Spread the aubergine cut-side up 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. BEGIN THE SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the cumin and fry until fragrant, 1-2 minutes. Pour in the passata and 100ml [200ml] of water. Simmer until slightly thickened, 10-12 minutes.

3. LEKKER LENTILS Once the sauce is reduced, mix through the lentils, the artichokes, and allow to heat up, 2-3 minutes. Remove from the heat, add a sweetener, and seasoning.

4. WHAT A GREAT PLATE Serve up the aubergine halves and spoon over the saucy lentils. Crumble over the goat's cheese and garnish with the basil.