



U C O O K

— COOKING MADE EASY

Cheesy Aubergine & Tomato Bake

with marinara sauce & a crispy breadcrumb and mozzarella crust

Expect the comfort of melanzane alla parmigiana: the tender flesh of aubergine, a thick tomato sauce, and melted cheese. Expect the delight of a coating of basil pesto and panko breadcrumbs. Expect to be blown away — vegetarian or not! The active time won't be a fuss, it just takes a while to bake!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Vegetarian**

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Ingredients & Prep

5ml	Vegetable Stock
1	Onion <i>one half peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
3g	Fresh Oregano <i>rinsed, picked & finely chopped</i>
100g	Cooked Chopped Tomatoes
400g	Aubergine <i>halved lengthways</i>
80ml	Cheesy Panko Crumb <i>(65ml Panko Breadcrumbs & 15ml Grated Hard Cheese)</i>
5ml	NOMU Roast Rub
15ml	Pesto Princess Basil Pesto
50g	Mozzarella <i>grated</i>
7.5ml	Raspberry Vinegar
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. MARINARA SAUCE Preheat the oven to 190°C. Boil the kettle and dilute the stock with 65ml of boiling water. Place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 1-2 minutes until soft and translucent, shifting occasionally. Add the grated garlic and chopped oregano. Fry for 1-2 minutes until fragrant, shifting constantly. Stir in the cooked chopped tomatoes and the diluted stock. Bring to a simmer and cook for 3-4 minutes until reduced by about a quarter, stirring regularly. On completion, stir through some salt, pepper, and a sweetener of choice to taste. Transfer to an ovenproof dish (large enough for the aubergine halves) and spread out evenly.

2. GET YOUR AUBS ON THE GO! Using a knife, score the flat sides of the aubergine halves by making slits in their surface (about 1cm deep) in a broad, cross-hatch pattern. Season and place cut-side down in the dish of sauce. Drizzle over some oil and bake in the hot oven for 40-45 minutes.

3. CRISPY CRUMB When the aubergine has 15 minutes remaining, combine the cheesy panko crumb with three-quarters of the Roast Rub and 1 tsp of oil. Remove the dish from the oven and flip the aubergine. Smear the basil pesto over the top and sprinkle over the grated mozzarella. Evenly cover in a layer of the panko crumb mixture. Return to the oven for the remaining cooking time until the aubergine is tender and the crust is crispy and golden.

4. FESTIVE DRESSED SALAD Whisk the raspberry vinegar with 1 tsp of olive oil and ½ tsp of a sweetener of choice to taste until dissolved. Whisk in the remaining Roast Rub to taste. Just before serving, toss the rinsed green leaves with the dressing to taste.

5. GOLDEN CRUMBED HEAVEN Dish up the gorgeously golden aubergine and spoon over the marinara sauce. Serve with the tangy leaves on the side. Comforting and delicious!



Chef's Tip

Aubergines are high in a trace mineral called manganese. Manganese is used by your body to improve bone health, reduce disease risk (due to its high antioxidant properties), regulate blood sugar, and assist in the metabolism of other vital nutrients.

Nutritional Information

Per 100g

Energy	371kJ
Energy	89Kcal
Protein	3.6g
Carbs	12g
of which sugars	3.5g
Fibre	2.9g
Fat	3.1g
of which saturated	1.3g
Sodium	226mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days