



UCOOK

Bejewelled Stuffed Aubergines

with beef mince, ricotta cheese & pomegranate gems

Roast aubergine is stirred through beef mince stewed with tomato, carrot, and rogan josh spices. Enriched with ricotta, bejewelled with dried pomegranate seeds and mint, it is stuffed into the smoky aubergine skins.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Samantha Finnegan

♥ Health Nut

🍷 Fat Bastard | Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

500g	Aubergine <i>cut in half lengthways</i>
10ml	Beef Stock
1	Onion <i>peeled & finely diced</i>
300g	Free-range Beef Mince
20ml	Cape Herb & Spice Rogan Josh Curry Spice
240g	Carrot <i>peeled & grated</i>
200g	Cooked Chopped Tomato
20g	Sunflower Seeds
80g	Green Leaves <i>rinsed</i>
8g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
100g	Ricotta
40g	Pomegranate Gems

From Your Kitchen

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

1. GET YOUR AUBS ON THE GO Preheat the oven to 190°C. Score the flat sides of the aubergine halves by making slits in their surfaces in a broad, cross-hatch pattern (about 1cm deep). Place cut-side up on a lightly greased roasting tray, season, and drizzle over some oil. Bake in the hot oven for 30-35 minutes until softened, but not completely cooked through.

2. SAUCY, SULTRY BEEF When the aubergines reach the halfway mark, boil the kettle and dilute the stock with 125ml of boiling water. Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 5-6 minutes until soft and translucent. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 4-5 minutes until browned, stirring occasionally. Mix in the rogan josh spice and half of the grated carrot, and fry for 3-4 minutes until fragrant, shifting constantly. Stir in the cooked chopped tomatoes and the diluted stock. Bring to a low simmer and cook for 8-10 minutes until thickened, stirring regularly.

3. MEANWHILE... Place a clean pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Roughly chop half of the rinsed green leaves and place in a bowl. Add the remaining grated carrot, three-quarters of the sliced mint, a drizzle of oil, and seasoning. Toss to coat and set aside for serving.

4. IT'S GETTING EVEN BETTER! When the aubergines have softened, remove from the oven and gently scoop out most of the flesh, being careful not to break the skin. Set the skins aside for serving. Stir the flesh through the beef and simmer for a further 4-6 minutes until cooked through, breaking it up as it cooks.

5. LAST LITTLE SPRUCE When the sauce has finished simmering, add in half of the ricotta and mix through the remaining green leaves until wilted. Season to taste with salt, pepper, and a sweetener of choice. Remove the pan from the heat.

6. TIME TO DEVOUR Place the aubergine skins on a plate, spoon in the delicious beef, and crumble over the remaining ricotta. Side with the salad and garnish it all with the dried pomegranate gems, sunflower seeds, and remaining mint. Look at you go, Chef!

Nutritional Information

Per 100g

Energy	378kJ
Energy	90Kcal
Protein	5.1g
Carbs	6g
of which sugars	3.1g
Fibre	2g
Fat	5g
of which saturated	1.9g
Sodium	5mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days