



# UCOOK

## Aubergine & Ostrich Mince Bake

with fresh mint

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Groote Post Winery | Groote Post Old Man's Blend Red Blend

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 301kJ    | 3113kJ      |
| Energy             | 72kcal   | 745kcal     |
| Protein            | 4.9g     | 50.6g       |
| Carbs              | 6g       | 57g         |
| of which sugars    | 2.8g     | 29.2g       |
| Fibre              | 1.8g     | 18.2g       |
| Fat                | 3.1g     | 31.7g       |
| of which saturated | 1.5g     | 15.1g       |
| Sodium             | 75mg     | 775mg       |

**Allergens:** Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1 [Serves 2]

|       |       |   |
|-------|-------|---|
| 250g  | 500g  | Aubergine<br><i>rinse, trim &amp; slice into 1cm thick rounds</i>                     |
| 10g   | 20g   | Pumpkin Seeds   |
| 150g  | 300g  | Free-range Ostrich Mince  |
| 1     | 1     | Onion<br><i>peel &amp; roughly slice 1/2 [1]</i>                                      |
| 1     | 1     | Bell Pepper<br><i>rinse, deseed &amp; cut 1/2 [1] into strips</i>                     |
| 1     | 1     | Garlic Clove<br><i>peel &amp; grate</i>   |
| 10ml  | 20ml  | NOMU Moroccan Rub   |
| 100ml | 200ml | Tomato Passata  |
| 100ml | 200ml | Creamy Topping<br><i>(50ml [100ml] Greek Yoghurt &amp; 50ml [100ml] Cream Cheese)</i> |
| 3g    | 5g    | Fresh Mint<br><i>rinse, pick &amp; finely slice</i>                                   |

- 1. AUBS** Preheat the oven to 220°C. Spread the aubergine on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
- 2. TOAST** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. SAUCE** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add the onion and pepper. Fry until lightly golden, 5-6 minutes (shifting occasionally). Add the garlic, the NOMU rub, and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 100ml **[200ml]** of water. Simmer until thickening and reduced, 6-8 minutes. Remove from the heat, add a sweetener (to taste), and season.
- 4. MOUSSAKA** Pour the saucy mince into an ovenproof dish, top with a layer of the aubergine, and lightly smear the creamy topping over the aubergine rounds. Turn the oven to grill or the highest setting, grill until bubbling, and lightly golden, 5-8 minutes.
- 5. DINNER IS READY** Dish up the moussaka, top with a sprinkle of the pumpkin seeds, and garnish with the mint. Dig in, Chef!

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (Salt & Pepper)