

UCCOOK

Vegetarian Aubergine Agrodolce Salad

with pistachios & black rice

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	666kJ	3471kJ
Energy	159kcal	830kcal
Protein	4.6g	23.9g
Carbs	21g	111g
of which sugars	8.2g	42.9g
Fibre	4.2g	21.9g
Fat	7.7g	40.2g
of which saturated	3.6g	18.7g
Sodium	250mg	1301mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts, Alcohol

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Aubergine <i>rinse, trim & cut into bite-sized chunks</i>
45ml	60ml	NOMU Italian Rub
225ml	300ml	Black Rice <i>rinse</i>
16g	20g	Mixed Herbs <i>(8g [10g] Fresh Mint & 8g [10g] Fresh Parsley)</i>
30g	40g	Pistachio Nuts <i>roughly chop</i>
125ml	160ml	Crème Fraîche
60ml	80ml	Vinegar Mix <i>(45ml [60ml] Balsamic Vinegar & 15ml [20ml] Sherry Vinegar)</i>
22,5ml	30ml	Dried Chilli Flakes
120g	160g	Sun-dried Tomatoes <i>roughly chop</i>
90g	120g	Pitted Dates <i>roughly chop</i>
150g	200g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

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

1. ON WITH THE AUBS Preheat the oven to 220°C. Spread the aubergine on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until soft, 30-35 minutes (shifting halfway).

2. READY THE RICE Place the rice in a pot with 900ml [1.2L] of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 30-35 minutes. Drain (if necessary) and cover.

3. HERBS & SAUCE Rinse, pick, and roughly chop the mixed herbs. Place the pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, loosen the crème fraîche with water in 5ml increments until drizzling consistency.

4. PREP STEP In a bowl, combine the vinegar mix, 60ml [80ml] of olive oil, 7.5ml [10ml] of sweetener, and the chilli flakes (to taste). Mix until the sweetener has dissolved. Season and set aside.

5. TANGY, SWEET, NUTTY & FRESH Once the aubergine is done, place in a bowl. Toss through ½ the vinegar sauce and set aside. When the rice is done, add ½ the sun-dried tomatoes, the dates, ½ the pistachios, ½ the mixed herbs, and the remaining vinegar sauce.

6. A VEGGIE FEAST Plate up the loaded black rice and top with the aubergine. Scatter over the feta and the remaining sun-dried tomatoes. Drizzle over the loosened crème fraîche. Garnish with the remaining pistachios and herbs. Bellissima, Chef!