



UCOOK

Vegetarian Aubergine & Pistachio Pasta

with lemon & black pepper goat's cheese

This veggie pasta dish will impress everyone at the table, whether they're vegetarian or not. Oven-roasted aubergine is tossed with charred baby marrows, fresh basil, and black peppercorn-crusted goat's cheese, and topped with a toasted pistachio & panko crumb. Give it a squeeze of lemon and enjoy the Italian feast, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

 Adventurous Foodie

 Waterford Estate | Waterford Sauvignon Blanc

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Ingredients & Prep

500g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
20ml	NOMU Italian Rub
200g	Fusili Pasta
80ml	Panko Breadcrumbs
30g	Pistachio Nuts <i>finely chopped</i>
1	Lemon <i>zested & cut into wedges</i>
10ml	Crushed Black Peppercorns
100g	Chevin Goat's Cheese
300g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized pieces</i>
5g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. BEGIN WITH BRINJAL Preheat the oven to 220°C. Spread the aubergine pieces on a roasting tray, coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

2. AL DENTE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving 1 cup of pasta water, and toss through a drizzle of olive oil.

3. LEMONY CRUMBS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the breadcrumbs, the chopped pistachios, the lemon zest (to taste), and seasoning. Fry until the breadcrumbs have browned, 2-3 minutes (shifting occasionally). Remove from the pan.

4. ROLLED PEPPERCORN CHEESE Place the crushed peppercorns on a chopping board and spread out in a single layer. Place the goat's cheese on the pepper and gently roll until fully coated. Slice into rounds and set aside.

5. ZESTY BABY MARROW Return the pan or griddle pan to medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes. In the final minute, squeeze over the juice from 2 lemon wedges. Remove from the pan and season.

6. TOSS TOGETHER Toss the cooked aubergine, the baby marrow, ½ the torn basil, and ½ the pepper crusted goat's cheese through the cooked pasta. Mix through the reserved pasta water until saucy.

7. A TASTE SENSATION Plate up the aubergine and baby marrow pasta and scatter with the zesty pistachio crumb. Serve the remaining pepper-coated goat's cheese over the top and garnish with the remaining torn basil. Serve any remaining lemon wedges on the side.

Nutritional Information

Per 100g

Energy	525kJ
Energy	125kcal
Protein	5.4g
Carbs	20g
of which sugars	3.4g
Fibre	2.8g
Fat	3.3g
of which saturated	1.4g
Sodium	131mg

Allergens

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

Cook
within
4 Days