



UCCOOK

Vegetarian Miso & Sesame Aubergines

with coconut rice, cashew nuts & a smashed cucumber salad


A bed of fluffy & fragrant coconut rice is topped with oven-roasted aubergines coated in a moreish miso sauce. Sided with a pickled & smashed cucumber salad, and sprinkled with toasted cashew nuts & fresh coriander. Talk about a flavour explosion!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Adventurous Foodie

 Creation Wines | Creation Syrah Grenache

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Ingredients & Prep

250g	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
100ml	Jasmine Rice <i>rinse</i>
100ml	Coconut Milk
1	Bell Pepper <i>rinse, deseed & cut into strips</i>
75ml	Miso Sauce <i>(50ml Miso Paste, 15ml Sesame Oil & 10ml Low Sodium Soy Sauce)</i>
1	Garlic Clove <i>peel & grate</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
100g	Cucumber <i>rinse</i>
10ml	Rice Wine Vinegar
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
15g	Cashew Nuts <i>roughly chop</i>
10ml	White Sesame Seeds

From Your Kitchen

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

1. ROASTED AUBS Preheat the oven to 220°C. Spread the aubergine pieces on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

2. COCO RICE Place the rinsed rice in a pot with 100ml of salted water and the coconut milk, and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

3. ROASTED PEPS Coat the sliced pepper in oil and seasoning. When the aubergine has 10-15 minutes to go, scatter over the peppers and roast for the remaining time until lightly golden.

4. SAUCE & SALAD In a small bowl, combine the miso sauce, the grated garlic, and ½ the sliced chilli (to taste). Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and salt lightly. In a bowl, combine the rice wine vinegar with 1 tbsp of sweetener. Mix until fully combined. Add the cucumber pieces, ½ the chopped coriander, and the remaining chilli (to taste). Toss until fully coated and set aside to marinate until serving.

5. GOLDEN CASHEWS Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

6. MISO HUNGRY Loosen the miso mix with 100ml of water. When the roast has 5 minutes remaining, coat the roast with the miso mix, and sprinkle over the sesame seeds.

7. TIME TO FEAST Make a bed of the coconut rice, top with the roast and all the sauce, and side with the cucumber salad. Sprinkle over the toasted nuts and garnish with the remaining coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	487kJ
Energy	116kcal
Protein	2.7g
Carbs	15g
of which sugars	2.4g
Fibre	2.2g
Fat	5.4g
of which saturated	2.1g
Sodium	327mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Tree Nuts, Soy

Cook
within
4 Days