



UCOOK

Eggplant & Ostrich Mince Bake

with fresh mint

Soon you will be savouring a mouthful of a moussaka-inspired meal, Chef! Made with ostrich mince for a South African taste twist, this satisfying dinner features a bubbling cream cheese & yoghurt topping, roasted aubergine, & rich tomato passata. Garnished with toasted pumpkin seeds & fresh, cooling mint.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Paardenkloof Wines | Paardenkloof Ecology Shiraz

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Ingredients & Prep

250g	Aubergine <i>rinse, trim & slice into 1cm thick rounds</i>
10g	Pumpkin Seeds
150g	Free-range Ostrich Mince
1	Onion <i>peel & roughly slice</i>
1	Bell Peppers <i>rinse, deseed & cut into strips</i>
1	Garlic Clove <i>peel & grate</i>
10ml	NOMU Moroccan Rub
100ml	Tomato Passata
120ml	Creamy Topping <i>(70ml Greek Yoghurt & 50ml Cream Cheese)</i>
3g	Fresh Mint <i>rinse, pick & finely slice</i>

From Your Kitchen

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

1. AUBS Preheat the oven to 220°C. Spread out the aubergine rounds on a roasting tray, coat in oil, and season. Roast in the hot oven for 15-20 minutes until softened and starting to brown, 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 sliced onion and the sliced peppers. Fry until lightly golden, 5-6 minutes (shifting occasionally). Add the grated garlic, the NOMU rub, and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 100ml 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 rounds, 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 toasted pumpkin seeds, and garnish with the sliced mint. Dig in, Chef!



Chef's Tip

Air fryer method: Coat the aubergine rounds in oil and season. Air fry at 200°C until slightly crispy, 15-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	302kj
Energy	72kcal
Protein	5g
Carbs	5g
of which sugars	2.8g
Fibre	1.7g
Fat	3.1g
of which saturated	1.5g
Sodium	74mg

Allergens

Cow's Milk, Allium

Eat
Within
4 Days