



# UCOOK

## Persian-style Eggplant Stew

with poppadoms & tzatziki


Known for its delicacy and subtleness, Persian food is as aromatic as Indian food but less spicy. So, if you enjoy food that balances contrasting qualities, Chef, you will be swept away by this perfect Persian plate: browned aubergine is brought to life by a special spice mix, then doused in a tomato & bean medley. Dolloped with refreshing tzatziki and sided with crispy poppadoms.


**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Serves:** 1 Person

**Chef:** Jemimah Smith

 Carb Conscious

 Groote Post Winery | Groote Post Old Man's Blend Red Blend

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## Ingredients & Prep

1	Onion <i>peel &amp; roughly dice ½</i>
250g	Aubergine <i>rinse, trim &amp; cut into bite-sized pieces</i>
20ml	Spice Rub <i>(5ml Ground Turmeric, 5ml Ground Cinnamon &amp; 10ml NOMU Indian Rub)</i>
150g	Cooked Chopped Tomato
120g	Butter Beans <i>drain &amp; rinse</i>
5g	Pumpkin Seeds
2	Poppadoms
50ml	Tzatziki
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. IT ALL STARTS WITH AUBS** Place a pot over medium heat with a generous drizzle of oil. When hot, fry the diced onions and the aubergine pieces until browning, 5-6 minutes. Add the spice rub and fry until fragrant, 1-2 minutes. Pour in the cooked chopped tomato and 150ml of water. Simmer until reduced and thickened, 10-12 minutes. In the final 10 minutes, add the drained beans and seasoning.

**2. PRETTY PUMPKIN SEEDS** 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. PUFFED-UP POPPADOMS** Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

**4. JUST LOOK AT THAT!** Plate up the saucy aubergine. Dollop over the tzatziki, and garnish with the chopped coriander and the toasted seeds. Serve the crispy poppadoms on the side for scooping.

## Nutritional Information

Per 100g

Energy	239kJ
Energy	57kcal
Protein	3.1g
Carbs	10g
of which sugars	3.3g
Fibre	3.2g
Fat	0.5g
of which saturated	0.1g
Sodium	236mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
within  
4 Days