



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: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Samantha du Toit

 Adventurous Foodie

 Creation Wines | Creation Syrah Grenache

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Ingredients & Prep

750g	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
300ml	Jasmine Rice <i>rinse</i>
300ml	Coconut Milk
3	Bell Peppers <i>rinse, deseed & cut into strips</i>
225ml	Miso Sauce <i>(150ml Miso Paste, 45ml Sesame Oil & 30ml Low Sodium Soy Sauce)</i>
2	Garlic Cloves <i>peel & grate</i>
2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
300g	Cucumber <i>rinse</i>
30ml	Rice Wine Vinegar
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>
45g	Cashew Nuts <i>roughly chop</i>
30ml	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 300ml 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 peppers 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 3 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 300ml 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