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SMOKING HOT BRINJAL, TOMATO, QUINOA

RECOMMENDED SELLING PRICE

R90.28*

Per Kg Rsp

R25.96*

Price Per Portion

*Guideline only. Will differ between regions.

100%
VEGAN
Recipe

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Yield: 2.30 kg



Prep Time: 20 min



Serves: 8



Cook Time: 80 min

INGREDIENTS



350 g
Quinoa



80 g
Olive oil



800 g
Brinjal
(cubed)



300 g
Whole tomatoes
(sliced into thick rounds)



20 g
**Robertsons
Cajun Spice**



20 g
**Robertsons
Rajah Medium**



5 g
Ground cumin



500 g
**Knorr
Tomato Pronto**



200 ml
Water
(cold)



20 g
Coriander
(finely chopped)



10 g
Mint
(roughly chopped)

METHOD

1. Cook the quinoa as per pack instructions, refresh under cold water, drain, and set aside. Heat the oil in a pot, add the brinjals, tomato, **Robertsons Cajun Spice**, **Robertsons Rajah Medium**, ground cumin and fry for 5 – 8 mins, always tossing.
2. Add the **Knorr Tomato Pronto** and cold water, stir through. Allow to simmer on a low heat for 30 min until the brinjals are soft.
3. Add the coriander and mint and stir through, remove from the heat and serve with quinoa.

CHEF'S TIP

Replace the quinoa with brown rice which is a good staple of carbohydrates and fiber that are known as “go-to-grains” and gluten free, making this dish a perfect serving for vegans and gluten free dietary requirements.

NUTRITIONAL STATEMENTS

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Eggplant, Knorr Tomato Pronto [Tomatoes (95%), vegetable oil (sunflower seed), salt, water, sugar, onion, acidity regulator (citric acid)], red quinoa, tomatoes, olive oil, coriander leaves, Robertsons Cajun Spice [Salt, radurised spices (17%) (pepper, nutmeg), chillies (13%), garlic powder, wheat flour (sulphur dioxide), monosodium glutamate (flavour enhancer), onion powder, anticaking agent (E551, E572), radurised parsley, vegetable oil (palm fruit) (contains antioxidant TBHQ), flavour enhancer (E631, E627)], Robertsons Rajah Medium [Spices (54%) (coriander, turmeric, methi, cumin), wheat bran, chillies (8%)], mint leaves and ground cumin.

Allergens: Made in a factory that processes cow's milk, soya, eggs and gluten.