

OVERALL time: 50 mins

Grilled Aubergine & Buratta Platter

A delicious platter of charred aubergines and blistered tomatoes, served with creamy burrata, briny olives, and a sprinkle of crispy quinoa for crunch.

Metric

Number of servings : 8

ingredients

For the Aubergines

- 6 Large aubergines
- 45 ml Olive oil
- 30 ml **Cape Herb and Spice Mediterranean Style Roasts Rub**

For the olives

- 100 g Pitted Kalamata and green olives
- 45 ml Olive oil
- 5 ml **Cape Herb and Spice Mediterranean Style Roasts Rub**
- 5 ml **Cape Herb and Spice Smoked Paprika Tin**
- 5 ml Fresh rosemary, sprigs picked and chopped

For the crispy Quinoa

- 250 ml Quinoa, cooked according to packing instructions
- 15 ml olive oil
- 7.5 ml **Cape Herb and Spice Atlantic Sea Salt**

For the tomatoes

- 200 g Vine tomatoes
- 7.5 ml Olive oil
- 2.5 ml **Cape Herb and Spice Atlantic Sea Salt**

To serve

- 125 g Burata

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 30 mins

Aubergine

Slice the aubergines lengthways into 1 cm-thick slices. In a large bowl, combine the olive oil and **Cape Herb & Spice Mediterranean Style Roasts Rub**, then add the aubergines, mix to coat and allow to marinate for 10 minutes. Grill slices on a griddle pan for 4–5 minutes per side until tender and lightly charred.

Tip: To speed things up, lightly sear the aubergine slices on the griddle pan just long enough to get the char marks, then transfer them to a preheated air fryer to finish cooking until tender.

Olives

Combine the olives, olive oil, **Cape Herb & Spice Mediterranean Style Roasts Rub**, **Cape Herb & Spice Smoked Paprika**, and chopped rosemary in a bowl or jar and leave to marinate.

Crispy Quinoa

Toss the cooked quinoa with olive oil and **Cape Herb & Spice Atlantic Sea Salt**. Spread in an air fryer and cook at 200 °C for 5–8 minutes until golden and crispy.

Tomatoes

Drizzle the vine tomatoes with olive oil and season with **Cape Herb & Spice Atlantic Sea Salt**. Air fry for 10–12 minutes until blistered and just starting to burst.

To Serve

Arrange the grilled aubergines on a platter, top with the blistered tomatoes and marinated olives, then garnish with the crispy quinoa. Place the burrata in the centre and slice to release the creamy centre. Drizzle with the seasoned olive oil that the olives were marinating in, and add a final garnish of fresh basil. Serve immediately.

Recipe by CRUSH magazine

<https://www.capeherb.co.za>

Metric

ingredients

For the Aubergines

- 6 Large aubergines
- 45 ml Olive oil
- 30 ml **Cape Herb and Spice Mediterranean Style Roasts Rub**

For the olives

- 100 g Pitted Kalamata and green olives
- 45 ml Olive oil
- 5 ml **Cape Herb and Spice Mediterranean Style Roasts Rub**
- 5 ml **Cape Herb and Spice Smoked Paprika Tin**
- 5 ml Fresh rosemary, sprigs picked and chopped

For the crispy Quinoa

- 250 ml Quinoa, cooked according to packing instructions
- 15 ml olive oil
- 7.5 ml **Cape Herb and Spice Atlantic Sea Salt**

For the tomatoes

- 200 g Vine tomatoes
- 7.5 ml Olive oil
- 2.5 ml **Cape Herb and Spice Atlantic Sea Salt**

To serve

- 125 g Burata

Number of servings : 8

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 30 mins

Aubergine

Slice the aubergines lengthways into 1 cm-thick slices. In a large bowl, combine the olive oil and **Cape Herb & Spice Mediterranean Style Roasts Rub**, then add the aubergines, mix to coat and allow to marinate for 10 minutes. Grill slices on a griddle pan for 4-5 minutes per side until tender and lightly charred.

Tip: To speed things up, lightly sear the aubergine slices on the griddle pan just long enough to get the char marks, then transfer them to a preheated air fryer to finish cooking until tender.

Olives

Combine the olives, olive oil, **Cape Herb & Spice Mediterranean Style Roasts Rub**, **Cape Herb & Spice Smoked Paprika**, and chopped rosemary in a bowl or jar and leave to marinate.

Crispy Quinoa

Toss the cooked quinoa with olive oil and **Cape Herb & Spice Atlantic Sea Salt**. Spread in an air fryer and cook at 200 °C for 5-8 minutes until golden and crispy.

Tomatoes

Drizzle the vine tomatoes with olive oil and season with **Cape Herb & Spice Atlantic Sea Salt**.
Air fry for 10–12 minutes until blistered and just starting to burst.

To Serve

Arrange the grilled aubergines on a platter, top with the blistered tomatoes and marinated olives, then garnish with the crispy quinoa. Place the burrata in the centre and slice to release the creamy centre. Drizzle with the seasoned olive oil that the olives were marinating in, and add a final garnish of fresh basil. Serve immediately.

Recipe by CRUSH magazine

<https://www.capeherb.co.za>