



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on   
You'll be entered into our weekly photo contest!

Sicilian Penne Caponata

This recipe was born out of Patrick's love for all things Italian. Sicily is famous for their arancini and cannoli but this caponata is also one of Sicily's best kept secrets. So, mum's the word. We don't want to get in trouble with the locals! The sweet tang of those tomatoes work so well with the capers, peppers and Tuscan sausage. You'll enjoy this one!



30 mins



Aubergine



Celery



Garlic Clove



Green Pepper



Tuscan Pork Sausage



Organic Chopped Tomatoes



Lilliput Capers



White Wine Vinegar




Penne



Parmesan

Ingredients

	2P	4P
Aubergine, chopped	1	2
Celery, chopped 1	½ stick	1 stick
Garlic Clove, chopped	2	4
Green Pepper, chopped	1	2
Tuscan Pork Sausage 2	1	1
Organic Chopped Tomatoes	1 tin	2 tins
Lilliput Capers	½ tbsp	1 tbsp
White Wine Vinegar 2	1½ tbsp	3 tbsp
Penne 3	180g	360g
Parmesan 4	2 tbsp	4 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | **2)** Sulphites
3) Gluten | **4)** Milk

Nutrition per serving: Calories: 927 kcal | Protein: 45 g | Carbs: 105 g | Fat: 40 g | Saturated Fat: 15 g



1 Pre-heat your oven to 220 degrees. Slice the aubergine in half lengthways and then slice each half into five strips. Chop the aubergine into 2cm cubes. Finely chop the celery and peel and finely chop your garlic cloves. Remove the core from the pepper and chop into little bite-sized chunks.



2 In a bowl, coat the aubergine and pepper in 1 tbsp of olive oil. Spread evenly on a baking tray and roast on the top shelf of the oven. Cook for 20 mins or until a little crispy around the edges.



3 Heat 1 tbsp of olive oil in a large frying pan on medium heat. Once hot, add in the celery and garlic with a pinch of salt and pepper. While they cook, slice open the sausages and put the meat in the pan too (discard the skins). Break it up and cook for 5 mins.



4 Tip in your chopped tomatoes and then fill the can halfway with water. Swill the water around and add this into the sauce. Add ¼ tsp of salt, 1 tsp of sugar (if you have it), the capers and the white wine vinegar. Leave to simmer and thicken up for 10-15 mins.

5 Boil a large pot of water with ¼ tsp of salt. Once the water is rapidly boiling add the pasta and boil for around 6 mins until it is 'al dente'. **Tip:** "Al dente" simply means the pasta is cooked through but has a hint of firmness left in the middle.

6 Once the vegetables have roasted, remove from the oven add them into the tomato sauce and stir.

7 Once the pasta is ready drain it and add to your thick caponata sauce. Stir everything together then serve in big bowls and grate over your parmesan cheese.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!