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Grilled Aubergine Spaghetti with Chilli, Chorizo and Sun Dried Tomato

Some days you want to be adventurous and others you just want a little more time to put your feet up. We made this dish with classic Italian notions of simplicity and speed at its heart. To make this recipe, fresh tomatoes are left for around ten days in the sun and lose around 90% of their water to become sun-dried. The process intensifies their flavour so that even a couple will add a burst of sweet, intense flavour to your dinner. Buon appetito!

 30 mins

 spicy



Onion (1)



Flat Leaf Parsley
(3 tbsp)



Garlic Clove (2)



Sun-Dried Tomatoes
(1 tbsp)



Aubergine (1)



Chilli Flakes (¼ tsp)



Chorizo (2 packs)



Spaghetti (180g)



Organic Chopped
Tomatoes (1 tin)

Ingredients

2 PEOPLE ALLERGENS

Onion, chopped	1	
Flat Leaf Parsley, chopped	3 tbsp	
Garlic Clove, chopped	2	
Sun-Dried Tomatoes, chopped	1 tbsp	Sulphites
Aubergine, chopped	1	
Chilli Flakes	¼ tsp	
Chorizo	2 packs	Sulphites
Spaghetti	180g	Gluten
Organic Chopped Tomatoes	1 tin	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Sun-dried tomatoes first came about so that tomatoes could be enjoyed and provide valuable nutrition in the winter, when historically it was difficult or impossible to grow fresh produce.

Nutrition per serving: Calories: 719 kcal | Protein: 34 g | Carbs: 90 g | Fat: 25 g | Saturated Fat: 9 g

1



1 Pre-heat your grill to high. Boil a large pot of water. Peel and finely chop the **onion** and finely chop the **parsley**. Place the flat side of a large knife on the **garlic cloves** and press down firmly to release the skin. Remove the skin and then finely chop both the **garlic** and the **sun-dried tomatoes**.

2



2 Slice the **aubergine** in half lengthways. Slice each half lengthways into four long strips. Slice lengthways along each strip of **aubergine** to remove a bit of the white spongy part. Now chop the **aubergine** widthways into roughly 1cm chunks.

4



3 Mix the **aubergine** with 1 tbsp of **olive oil** and ¼ tsp of **salt** and spread on a baking tray. Put this on the shelf closest to the grill and cook the **aubergine** for around 15-20 mins, or until it is soft and slightly crispy around the edges.

7



4 Fry off the **onion, garlic, sun-dried tomatoes** and **chilli flakes** (if you like things a bit spicy!) in 1 tbsp of **olive oil** on medium heat until the **onion** is soft. **Tip:** *This should take around 5 mins - be careful not to let the ingredients burn.* When your **onion** is soft add the **chorizo** and cook for a further 2 mins.

5 Cook the **spaghetti** in the boiling water with ¼ tsp of **salt** for around 10 mins, or until the **spaghetti** is 'al dente' (i.e. there is just a hint of firmness left in the middle), then drain.

6 Add the **chopped tomatoes** to your **garlic, onion** and **chorizo** mixture, together with ¼ tsp of **sugar** (if you have some), ¼ tsp of **salt** and a few grinds of **black pepper**. Let the mixture bubble away on medium-low heat for around 5 mins, until you have a nice thick sauce.

7 Once your sauce has thickened up, stir in your grilled **aubergine**.

8 Next, drop your drained **spaghetti** into the pan with the tomato sauce and sprinkle over the **parsley**. If you're feeling up to the task, then toss your ingredients together to mix them. If you don't fancy redecorating your kitchen, then you can always stir your ingredients instead.

9 Serve in bowls and enjoy!