



Chorizo and Roasted Aubergine Spaghetti with Sun-Dried Tomato Sauce and Cheese

39

Customer Favourites 30-35 Minutes • Mild Spice • 4 of your 5 a day



Garlic Clove



Aubergine



Chorizo



Chilli Flakes



Spaghetti



Finely Chopped
Tomatoes



Sun-Dried
Tomato Paste



Grated Hard Italian
Style Cheese



Mozzarella

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on dairy, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, baking tray, frying pan and colander.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---|---------------|----------------|----------------|
| Garlic Clove** | 2 | 3 | 4 |
| Aubergine** | 1 | 2 | 2 |
| Chorizo** | 90g | 120g | 180g |
| Chilli Flakes | 1 pinch | 1 pinch | 2 pinches |
| Spaghetti 13) | 180g | 270g | 360g |
| Finely Chopped Tomatoes | 1 carton | 1½ cartons | 2 cartons |
| Sun-Dried Tomato Paste | 25g | 50g | 50g |
| Grated Hard Italian Style Cheese** 7) 8) | 20g | 40g | 40g |
| Mozzarella** 7) | 1 ball | 2 balls | 2 balls |
| Pantry | 2P | 3P | 4P |
| Sugar for the Sauce* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 50ml | 75ml | 100ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|----------|-------------|----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 516g | 100g | 566g | 100g |
| Energy (kJ/kcal) | 2943 /703 | 570 /136 | 3395 /811 | 600 /143 |
| Fat (g) | 23.0 | 4.5 | 31.0 | 5.5 |
| Sat. Fat (g) | 8.4 | 1.6 | 13.9 | 2.5 |
| Carbohydrate (g) | 91.1 | 17.6 | 91.6 | 16.2 |
| Sugars (g) | 19.1 | 3.7 | 19.6 | 3.5 |
| Protein (g) | 32.0 | 6.2 | 40.5 | 7.2 |
| Salt (g) | 4.03 | 0.78 | 4.38 | 0.77 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Put a large saucepan of **water** with **½ tsp salt** on to boil for the **pasta**.

Peel and grate the **garlic** (or use a garlic press).

Trim the **aubergine**, then cut into roughly 2cm pieces.

CUSTOM RECIPE

If you've chosen to add **mozzarella** to your meal, drain and tear it into small pieces.



Spaghetti Time

Meanwhile, when your pan of **water** is boiling, add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Roast the Aubergine

Pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 25-30 mins. Turn halfway through.



Simmer your Sauce

Stir the **chopped tomatoes**, **sun-dried tomato paste**, **sugar** and **water for the sauce** (see pantry for both amounts) into the **chorizo** pan. Season with **pepper**.

Simmer the **sauce** on medium heat until thickened, 8-10 mins. Once thickened, stir the **roasted aubergine** through the **sauce**.

When the **sauce** is ready, add the **cooked spaghetti** to the pan. Stir and toss well to combine.

CUSTOM RECIPE

Stir the **mozzarella pieces** through the **tomato sauce** with the **roasted aubergine**.



Fry the Chorizo

While the **aubergine** roasts, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

Add the **garlic** and **chilli flakes** (add less if you'd prefer things milder). Cook, stirring, for 1 min.



Serve

Serve your **chorizo and aubergine spaghetti** in bowls.

Sprinkle over the **cheese** to finish.

Enjoy!