



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 with Basil



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 with Basil	1 carton	2 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)	3016 / 721	584 / 140	3468 / 829	612 / 146
Fat (g)	23.0	4.5	31.0	5.5
Sat. Fat (g)	8.4	1.6	13.9	2.5
Carbohydrate (g)	95.4	18.5	95.9	16.9
Sugars (g)	21.7	4.2	22.2	3.9
Protein (g)	32.4	6.3	40.9	7.2
Salt (g)	5.14	1.00	5.49	0.97

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

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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 through the **roasted aubergine**.

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

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

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

Sprinkle over the **cheese** to finish.

Enjoy!