



# Double Cheese Ratatouille Pasta Al Forno with Roasted Aubergine and Pepper

Classic 35-40 Minutes • 5 of your 5 a day

4



Aubergine



Garlic Clove



Bell Pepper



Penne Pasta



Finely Chopped  
Tomatoes with Basil



Red Wine  
Stock Paste



Mixed Herbs



Mozzarella



Grated Hard  
Italian Style Cheese



Diced Chicken  
Breast

#### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

#### CUSTOM RECIPE

If you chose to add or double up on protein, 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, baking tray, garlic press, frying pan, kitchen paper, colander and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Garlic Clove**	2	3	4
Bell Pepper***	1	2	2
Penne Pasta <b>13)</b>	180g	270g	360g
Finely Chopped Tomatoes with Basil	1 carton	2 cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Mozzarella** <b>7)</b>	1 ball	2 balls	2 balls
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g
Diced Chicken Breast**	260g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	554g	100g	684g	100g
Energy (kJ/kcal)	2964 /708	535 /128	3612 /863	528 /126
Fat (g)	21.6	3.9	24.0	3.5
Sat. Fat (g)	13.1	2.4	13.8	2.0
Carbohydrate (g)	98.6	17.8	98.7	14.4
Sugars (g)	26.0	4.7	26.2	3.8
Protein (g)	28.7	5.2	60.2	8.8
Salt (g)	4.55	0.82	4.74	0.69

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 **14)** Sulphites

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** to the boil with **½ tsp salt** for the **pasta**.

Trim the **aubergine**, then cut into roughly 2cm pieces and pop 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 the **aubergine** on the top shelf until soft and golden, 20-25 mins.



## Mozzarella Time

While the **sauce** simmers, drain the **mozzarella** and squeeze out as much liquid as you can. Pat dry with kitchen paper, then tear into small pieces.

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

When everything's ready, remove the **roasted veg** from the oven and turn your grill on to high.



## Roast the Veg

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.

When the **aubergine** is halfway through cooking, add the **pepper chunks** to the same tray, drizzle with a little more **oil** and toss together. Cook for the remaining time, 10-12 mins.

Meanwhile, when the **water** is boiling, add the **penne** and bring back to the boil. Cook until tender, 12 mins.



## All Together Now

Stir the **roasted veg** and **cooked penne** into the **tomato sauce**. Stir in the **hard Italian style cheese** and the **butter** (see pantry for amount) until melted.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.



## Simmer the Sauce

While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **garlic** and stir-fry for 30 secs.

Stir in the **chopped tomatoes**, **red wine stock paste**, **mixed herbs** and the **sugar for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer, stirring occasionally, until thickened, 6-7 mins.

## CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan before the **garlic** and season. Cook until browned all over, 5-6 mins, then add the **garlic** and continue as instructed. The **chicken** will cook through while simmering. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Grill and Serve

Transfer the **pasta mixture** to an appropriately sized ovenproof dish and top evenly with the **mozzarella**.

Pop under your hot grill until the **cheese** is bubbling and golden brown, 7-8 mins.

Once the **ratatouille pasta al forno** is ready, share between your serving bowls and tuck in.

Enjoy!