



Bacon and Aubergine Rigatoni with Greek Style Cheese

Calorie Smart 30-35 Minutes • Mild Spice • 3 of your 5 a day • Under 650 Calories

25



Aubergine



Garlic Clove



Rigatoni Pasta



Bacon Lardons



Chilli Flakes



Finely Chopped
Tomatoes with
Basil



Mixed Herbs



Chicken Stock
Paste



Greek Style
Salad Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, saucepan, garlic press, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Garlic Clove**	1	2	2
Rigatoni Pasta 13	180g	270g	360g
Bacon Lardons**	90g	120g	180g
Chilli Flakes	1 pinch	1 pinch	1 pinch
Finely Chopped Tomatoes with Basil	1 carton	2 cartons	2 cartons
Mixed Herbs	1 sachet	1½ sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Greek Style Salad Cheese** 7	50g	75g	100g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	478g	100g
	2623 /627	549 /131
Fat (g)	17.2	3.6
Sat. Fat (g)	7.1	1.5
Carbohydrate (g)	88.7	18.6
Sugars (g)	19.7	4.1
Protein (g)	28.3	5.9
Salt (g)	4.72	0.99

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk **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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Roast the Aubergine

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

Trim the **aubergine**, then cut into roughly 2cm pieces. Pop them onto a large 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.



Time to Fry

While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **bacon lardons** and stir-fry until golden, 4-5 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

Stir in the **garlic** and **half** the **chilli flakes** (add less if you'd prefer things milder). Cook for 1 min more.



Garlic Time

Meanwhile, put a large saucepan of **water** on to boil with ½ **tsp salt** for the **rigatoni**.

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



Sauce Things Up

Stir the **chopped tomatoes**, **mixed herbs**, **chicken stock paste** and **sugar** (see pantry for amount) into the pan.

Lower the heat to medium, then simmer until the **sauce** has thickened and reduced by about half, 6-7 mins.

Once thickened, stir the **roasted aubergine** and **cooked pasta** through the **sauce**. Taste and season with **salt** and **pepper** if needed.



Cook the Rigatoni

When your pan of **water** is boiling, add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.

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



Serve

Share the **bacon and aubergine rigatoni** between your bowls.

Crumble over the **Greek style salad cheese** and more **chilli flakes** if you'd like some more heat to finish.

Enjoy!

