



Aubergine Parmigiana Style Pasta with Rocket Salad

Classic 35-40 Minutes • 2 of your 5 a day • Veggie

42



Aubergine



Garlic Clove



Mozzarella



Penne Pasta



Tomato Passata



Red Wine Stock Paste



Sun-Dried Tomato Paste



Dried Oregano



Grated Hard Italian Style Cheese



Wild Rocket



Balsamic Glaze



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

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, kitchen paper, colander, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Garlic Clove**	2	3	4
Mozzarella** 7)	1 ball	2 balls	2 balls
Penne Pasta 13)	180g	270g	360g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Sun-Dried Tomato Paste	25g	37g	50g
Dried Oregano	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	24ml	24ml
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	479g	100g	609g	100g
Energy (kJ/kcal)	2720 /650	568 /136	3367 /805	553 /132
Fat (g)	16.9	3.5	19.2	3.2
Sat. Fat (g)	9.8	2.0	10.5	1.7
Carbohydrate (g)	93.4	19.5	93.5	15.4
Sugars (g)	21.3	4.4	21.4	3.5
Protein (g)	30.4	6.3	61.8	10.2
Salt (g)	3.43	0.72	3.62	0.59

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Roast the Aubergine

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.

Trim the **aubergine**, then slice into rounds approximately 1cm thick.

Pop the **aubergine** 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, 20-25 mins. Turn halfway through.



Make the Tomato Sauce

Stir the **passata**, **red wine stock paste**, **sun-dried tomato paste**, **dried oregano**, **sugar** and **water for the sauce** (see pantry for both amounts) into the pan.

Season with **salt** and **pepper**. Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.

CUSTOM RECIPE

If you're adding **chicken**, add it to the pan before the **garlic**. Fry, 5-6 mins, then add the **garlic** and continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Prep Time

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

Drain the **mozzarella** and tear it into small pieces. Pat dry with kitchen paper.



Time to Grill

Preheat your grill to high heat.

Stir the **cooked pasta** and **half the hard Italian style cheese** through the **sauce**.

Transfer the **pasta** to an appropriately sized ovenproof dish. Layer the **roasted aubergine** over the top, then scatter over the remaining **hard Italian style cheese** and **mozzarella**.

Once hot, grill the **pasta bake** until the **cheese** is golden and bubbling, 5-6 mins.



Cook the Pasta

When your pan of **water** is boiling, add the **penne** 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.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **garlic** and cook for 30 secs.



Serve Up

Share the **aubergine parmigiana bake** between your bowls.

Serve the **rocket leaves** alongside. Finish by drizzling over the **balsamic glaze**.

Enjoy!