



Aubergine Parmigiana Style Pasta with Mozzarella and Rocket Salad

42

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



Aubergine



Garlic Clove



Mozzarella



Penne Pasta



Tomato Passata



Red Wine Stock Paste



Sun-Dried Tomato Paste



Mixed Herbs



Grated Hard Italian Style Cheese



Wild Rocket



Balsamic Glaze



British Smoked Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar

+ Add Bacon Lardons

If you chose to add bacon lardons, then just follow the instructions on the back of this card.

Happy cooking!

Parmigiana is an Italian dish made with roasted or fried aubergine layered with tomato sauce and cheese before being baked. Our Aubergine Parmigiana Style Pasta adds penne and a fresh rocket salad on the side to make a filling meal.



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 pan.

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
Mixed Herbs	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
British Smoked Bacon Lardons**	90g	120g	180g

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	523g	100g
Energy (kJ/kcal)	2719 /650	568 /136	3206 /766	612 /146
Fat (g)	16.9	3.5	26.0	5.0
Sat. Fat (g)	9.8	2.0	12.7	2.4
Carbohydrate (g)	93.1	19.4	94.0	17.9
Sugars (g)	21.3	4.4	21.3	4.1
Protein (g)	30.4	6.3	38.1	7.3
Salt (g)	3.45	0.72	4.68	0.89

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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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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

Once fragrant, stir in the **passata**, **red wine stock paste**, **sun-dried tomato paste**, **mixed herbs**, **sugar** and **water for the sauce** (see pantry for both amounts).

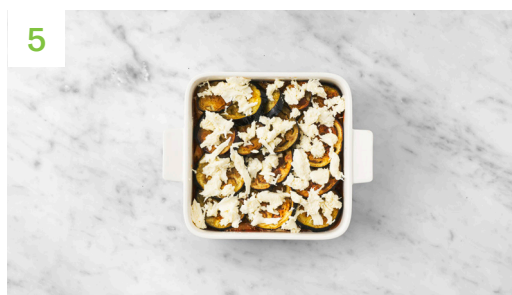
Season with **salt** and **pepper**. Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.



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 **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 **mozzarella**. Season with **salt** and **pepper**.

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, until fragrant.

+ Add Bacon Lardons

If you're adding **bacon**, add to the pan before the **garlic**. Fry, 4-5 mins, then add the **garlic** and continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



Serve Up

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

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

Enjoy!