



# Ultimate Cheesy Aubergine Parmigiana

with Pesto Garlic Bread and Baby Leaf Salad

Veggie Ultimate 40-45 Minutes • 3 of your 5 a day • Veggie

36



Aubergine



Garlic Clove



Finely Chopped Tomatoes with Onion and Garlic



Red Wine Stock Paste



Mixed Herbs



Medium Tomato



Mature Cheddar Cheese



Ciabatta



Pesto



Grated Hard Italian Style Cheese



Baby Leaf Mix

**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.

## Cooking tools

Baking tray, garlic press, frying pan, bowl, grater and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Aubergine**	2	3	4
Garlic Clove**	3	4	6
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Medium Tomato	2	3	4
Mature Cheddar Cheese** <b>7)</b>	80g	120g	160g
Ciabatta <b>13)</b>	1	1½	2
Pesto <b>7)</b>	32g	48g	64g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g
Baby Leaf Mix**	50g	75g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	695g 2376 /568	100g 342 /82
Fat (g)	26.6	3.8
Sat. Fat (g)	12.4	1.8
Carbohydrate (g)	61.2	8.8
Sugars (g)	24.5	4.0
Protein (g)	24.9	3.6
Salt (g)	5.91	0.85

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.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## 1 Roast the Aubergine

Preheat your oven to 240°C/220°C fan/gas mark 9.

Trim the **aubergine**, then slice into rounds approximately ½ cm thick.

Pop the **aubergine** onto a baking tray. Add a generous drizzle of **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two *baking trays if necessary*.

When the oven is hot, roast on the top shelf until soft and golden, 15-20 mins. Turn halfway through.



## 4 Hey Pesto

Halve the **ciabatta**. Spread the **pesto** and remaining **garlic** over the cut sides.

When the **aubergine** is ready, remove it from the oven and heat your grill to high.

Once the **sauce** has thickened, season with **pepper** and remove from the heat.



## 2 Make the Marinara Sauce

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

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add **half** the **garlic** and cook for 1 min.

Add the **chopped tomatoes**, **red wine stock paste**, **mixed herbs**, **sugar** and **water for the sauce** (see pantry for both amounts).

Stir to combine and bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.



## 5 Assemble your Parmigiana

Lay **one third** of the **aubergine slices** into an appropriately sized ovenproof dish. Spread over **half** the **marinara sauce**, then layer on another **third** of the **aubergine slices**. Spread the remaining **sauce** over the top and layer on the remaining **aubergine**.

Sprinkle the **Cheddar** and **hard Italian style cheese** over the top, then grill until the **cheese** has melted and is bubbling, 5-6 mins.

Halfway through, slide the **pesto ciabatta** under the grill alongside your **parmigiana** and toast for the remaining time, 2-3 mins.

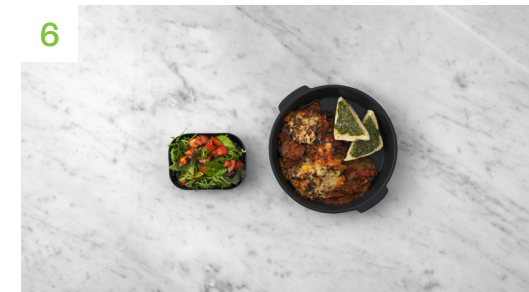


## 3 Chop and Grate

While the **sauce** simmers, cut the **tomatoes** into 1cm chunks.

Pop the **tomatoes** into a medium bowl with a drizzle of **olive oil** and a pinch of **sugar**, **salt** and **pepper**. Mix together, then set aside.

Grate the **Cheddar cheese**.



## 6 Finish and Serve

Just before you're ready to serve, mix the **baby leaf mix** with the **dressed tomatoes**. **TIP:** Don't do this too early or the leaves will go soggy.

Share the **aubergine parmigiana** between your plates.

Halve the **pesto garlic bread** diagonally into triangles and serve on the side along with the **baby leaf salad**.

## Enjoy!