



Aubergine Parmigiana Style Pasta with Rocket and Tomato Salad

Classic 35-40 Minutes • 4 of your 5 a day

41



Aubergine



Garlic Clove



Mozzarella



Penne Pasta



Tomato Passata



Red Wine Stock Paste



Sun-Dried Tomato Paste



Dried Oregano



Grated Hard Italian Style Cheese



Medium Tomato



Balsamic Vinegar



Rocket



Bacol Lardons

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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

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

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Garlic Clove**	1	2	2
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
Medium Tomato	1	2	2
Balsamic Vinegar (14)	12ml	12ml	24ml
Rocket**	20g	40g	40g
Bacon Lardons**	180g	240g	360g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Dressing*	½ tbsp	1 tbsp	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	526g	100g	616g	100g
Energy (kJ/kcal)	2843 / 680	541 / 129	3819 / 913	620 / 148
Fat (g)	19.0	3.6	37.3	6.1
Sat. Fat (g)	10.1	1.9	15.9	2.6
Carbohydrate (g)	95.2	18.1	97.0	15.7
Sugars (g)	22.6	4.3	22.7	3.7
Protein (g)	30.9	5.9	46.3	7.5
Salt (g)	3.44	0.65	5.89	0.96

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.

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Roast the Aubergine

Preheat your oven to 220°C/200°C fan/gas mark 7.
Trim the **aubergine**, then slice into 1cm thick rounds. 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, 20-25 mins. Turn halfway through.



Make the Tomato Sauce

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

Stir in the **passata**, **red wine stock paste**, **sun-dried tomato paste**, **dried oregano**, **sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**, then bring the **tomato sauce** to the boil.

Lower the heat to medium and simmer until the sauce has thickened, 5-6 mins.

CUSTOM RECIPE

If you've chosen to add **lardons** to your meal, add to the frying pan before the **garlic**. Stir-fry until golden, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook **bacon** thoroughly.



Prep Time

Meanwhile, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.

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

Drain the **mozzarella** and tear it into small pieces.



Assemble your Parmigiana

Taste the **sauce** and add **salt**, **pepper** and a pinch of **sugar** if needed. Stir through the **cooked pasta** and **half** the **hard Italian style cheese**.

Transfer **half** the **pasta** to an ovenproof dish. Layer the **roasted aubergine slices** over the top, then cover with the remaining **pasta**. Scatter evenly with the **mozzarella pieces** and remaining **hard Italian style cheese**.

Switch your oven to grill setting on high heat.

Once hot, grill the **pasta** 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.



Finish and Serve

Cut the **tomato** into 1cm chunks, then add to a medium bowl with the **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**.

Just before serving, add the **rocket** to the **tomato chunks** and toss to coat in the **dressing**.

Serve your **aubergine parmigiana bake** in large bowls with the **rocket salad** alongside.

Enjoy!