



Pork Aubergine Parmigiana

with Mini Roasties and Balsamic Pea Shoot Salad

26

Calorie Smart 40-45 Minutes • 3 of your 5 a day • Under 650 Calories



Potatoes



Garlic Clove



Aubergine



Pork Mince



Mixed Herbs



Tomato Passata



Chicken Stock Paste



Grated Hard Italian Style Cheese



Breadcrumbs



Pea Shoots



Balsamic Glaze



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade 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, garlic press, frying pan, bowl and tea towel.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---|----------|------------|-----------|
| Potatoes | 450g | 700g | 900g |
| Garlic Clove** | 2 | 3 | 4 |
| Aubergine** | 1 | 1½ | 2 |
| Pork Mince** | 120g | 180g | 240g |
| Mixed Herbs | 1 sachet | 1 sachet | 2 sachets |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Chicken Stock Paste | 10g | 15g | 20g |
| Grated Hard Italian Style Cheese** (7) 8) | 40g | 60g | 80g |
| Breadcrumbs (13) | 10g | 25g | 25g |
| Pea Shoots** | 40g | 80g | 120g |
| Balsamic Glaze (14) | 12ml | 12ml | 24ml |
| Beef Mince** | 260g | 390g | 520g |

| Pantry | 2P | 3P | 4P |
|----------------------|-------|-------|-------|
| Sugar for the Sauce* | ½ tsp | ½ tsp | 1 tsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|-------------------------|-------------|----------|---------------|----------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 566g | 100g | 626g | 100g |
| Energy (kJ/kcal) | 2193/524 | 387/93 | 2645/632 | 422/101 |
| Fat (g) | 20.1 | 3.6 | 26.5 | 4.2 |
| Sat. Fat (g) | 8.8 | 1.6 | 12.3 | 2.0 |
| Carbohydrate (g) | 62.8 | 11.1 | 62.7 | 10.0 |
| Sugars (g) | 15.0 | 2.7 | 15.0 | 2.4 |
| Protein (g) | 27.4 | 4.8 | 42.2 | 6.7 |
| Salt (g) | 2.23 | 0.39 | 2.37 | 0.38 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

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.

Contact

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Roast the Potatoes

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

Chop the **potatoes** into 2cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **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 middle shelf until golden, 30-40 mins. Turn halfway through.



Make the Ragù

Stir the **garlic**, **mixed herbs**, **passata**, **chicken stock paste** and **sugar for the sauce** (see pantry for amount) into the **mince**.

Bring to the boil, then reduce the heat and simmer, stirring occasionally, until the **sauce** is very thick, 5-7 mins.

Meanwhile, pop the **hard Italian style cheese** and **breadcrumbs** into a medium bowl. Season with **salt** and plenty of **pepper**, mix well, then set aside.



Prep the Aubergine

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

Halve the **aubergine** lengthways, keeping the stem attached. Score the flesh deeply in a criss-cross pattern, taking care not to cut through the skin.

When the **potatoes** have been roasting for about 8 mins, put the **aubergine halves**, cut-side up, onto a large, lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Roast the **aubergine** on the top shelf until golden brown and soft, 25-28 mins.



Parmigiana Time

Preheat your grill to high.

Using a tea towel, hold the stem of a **roasted aubergine half** with one hand, then use a spoon to gently scoop out the flesh whilst keeping the skin intact. Repeat for the other **halves**.

Roughly chop the **aubergine flesh**, then add to the **pork ragù** and combine well. Spoon the **ragù mixture** back into each **aubergine skin** so all the **halves** are filled.

Sprinkle over the **cheesy breadcrumbs**, then grill until golden, 3-5 mins.



Fry the Pork

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Finish and Serve

When ready, plate up your **aubergine parmigiana** with the **mini roasties**.

Serve the **pea shoot salad** alongside with a drizzle of the **balsamic glaze**.

Enjoy!