



Cheesy Ratatouille Pasta Bake with Roasted Aubergine and Pepper

Classic 40-45 Minutes • 5 of your 5 a day

19



Garlic Clove



Bell Pepper



Aubergine



Penne Pasta



Finely Chopped
Tomatoes with Basil



Vegetable Stock
Paste



Tomato Puree



Mixed Herbs



Mozzarella



Diced 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

Garlic press, baking tray, saucepan, colander, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Bell Pepper***	1	2	2
Aubergine**	1	2	2
Penne Pasta 13)	180g	270g	360g
Finely Chopped Tomatoes with Basil	1 carton	2 cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Tomato Puree	30g	45g	60g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Mozzarella** 7)	1 ball	2 balls	2 balls
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	583g	100g	713g	100g
Energy (kJ/kcal)	2523 / 603	433 / 103	3170 / 758	445 / 106
Fat (g)	11.5	2.0	13.9	1.9
Sat. Fat (g)	6.2	1.1	6.8	1.0
Carbohydrate (g)	96.7	16.6	96.9	13.6
Sugars (g)	25.5	4.4	25.6	3.6
Protein (g)	27.2	4.7	58.6	8.2
Salt (g)	3.52	0.60	3.72	0.52

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

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten

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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Get Prepped

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

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

Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.

Trim the **aubergine**, then cut into roughly 2cm pieces and pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.



Make your Tomato Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **garlic** and stir-fry for 30 secs.

Stir in the **chopped tomatoes**, **veg stock paste**, **tomato puree**, **mixed herbs** and the **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer, stirring occasionally, until thickened, 7-8 mins.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before the **garlic** and season. Cook until browned all over, 5-6 mins, then add the **garlic** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Roast the Veg

When the oven is hot, roast the **aubergine** on the top shelf until soft and golden, 20-25 mins.

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

When the **aubergine** is halfway through cooking, add the **pepper chunks** to the same tray, drizzle with a little more **oil** and toss together. Cook for the remaining time, 10-12 mins.



Ready, Steady, Bake

While the **sauce** simmers, drain the **mozzarella** and tear into small pieces.

When everything's ready, stir the **roasted veg** and **cooked penne** into the **tomato sauce**. Taste and season with **salt** and **pepper** if needed.

Transfer to an ovenproof dish and top with the **mozzarella**.

Bake on the top shelf of your oven until the **cheese** is bubbling and golden brown, 10-15 mins.



Cook the Pasta

When the **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 into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Serve

Once the **pasta bake** is ready, spoon into your serving bowls and tuck in.

Enjoy!