



Chorizo and Roasted Aubergine Spaghetti

with Sun-Dried Tomato Sauce, Parsley and Cheese

8

Classic 30-35 Minutes • Mild Spice • 3 of your 5 a day



-  Flat Leaf Parsley
-  Garlic Clove
-  Aubergine
-  Chorizo
-  Chilli Flakes
-  Spaghetti
-  Finely Chopped Tomatoes with Onion & Garlic
-  Sun-Dried Tomato Paste
-  Grated Hard Italian Style Cheese

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

Saucepan, garlic press, baking tray, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Aubergine**	1	2	2
Chorizo**	90g	120g	180g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Spaghetti 13	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	25g	50g	50g
Grated Hard Italian Style Cheese** 7 8)	20g	40g	40g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	477g	100g
Energy (kJ/kcal)	2975 /711	623 /149
Fat (g)	23.0	4.8
Sat. Fat (g)	8.4	1.8
Carbohydrate (g)	92.1	19.3
Sugars (g)	20.8	4.4
Protein (g)	32.3	6.8
Salt (g)	5.07	1.06

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

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.

Put a large saucepan of **water** with ½ **tsp salt** on to boil for the **pasta**.

Roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press).

Trim the **aubergine**, then cut into roughly 2cm pieces.



Spaghetti Time

Meanwhile, when your pan of **water** is boiling, add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Roast the Aubergine

Pop the **aubergine** onto a 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.



Simmer your Sauce

Stir the **chopped tomatoes**, **sun-dried tomato paste**, **sugar** and **water for the sauce** (see pantry for both amounts) into the **chorizo** pan. Season with **pepper**.

Simmer the **sauce** on medium heat until thickened, 8-10 mins.

Once thickened, stir the **roasted aubergine** through the **sauce**.



Fry the Chorizo

While the **aubergine** roasts, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

Add the **garlic** and **chilli flakes** (add less if you'd prefer things milder). Cook, stirring, for 1 min.



Combine and Serve

When ready, add the **parsley** and **cooked spaghetti** to the **sauce**. Stir and toss well to combine.

Serve your **chorizo and aubergine spaghetti** in bowls.

Sprinkle over the **cheese** to finish.

Enjoy!