



Pasta 'al Forno'

with Roasted Aubergine & Mozzarella



HELLO COOKBOOK

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Aubergine



Onion



Garlic Clove



Cheddar Cheese



Black Olives



Finely Chopped Tomatoes



Dried Oregano



Penne



Basil



Mozzarella Cheese



Balsamic Vinegar



Rocket



Pine Nuts

'Al forno' is a style of pasta dish loved all over Italy. Meaning 'baked', it is a deliciously versatile recipe eaten by families at gatherings or as a traditional Sunday lunch. Baked until bubbling and golden, bursting with fresh Mediterranean flavour, and served with a peppery rocket salad, it's hard to think of a reason why you won't be coming back to this recipe time and time again.

35 mins

3 of your 5 a day

Veggie

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Large Saucepan**, **Fine Grater** (or **Garlic Press**), **Coarse Grater**, **Frying Pan**, **Colander** and **Ovenproof Dish**. Now, let's get cooking!



1 ROAST THE AUBERGINE

Preheat your oven to 200°C. Remove the stalk top from the **aubergine**, halve it lengthways, cut into 2cm wide strips, then chop into 2cm cubes. Place on a baking tray, drizzle with **oil** and add a pinch of **salt** and **pepper**. Toss together then spread out. Roast the **aubergine** on the middle shelf of your oven until soft, golden and slightly crispy at the edges, 20-25 mins, turning halfway.



2 START THE SAUCE

Put a large saucepan of water with a pinch of **salt** on to boil for the pasta. Halve, peel and finely chop the **onion**. Peel and grate the **garlic** (or use a garlic press). Grate the **cheddar**. Roughly chop the **olives**. Heat a drizzle of **oil** in a frying pan on medium-low heat. Add the **onion** and cook until softened, stirring occasionally, 3-4 mins. Add the **garlic** and cook for 1 minute more.



3 REDUCE THE SAUCE

Stir the **chopped tomatoes**, **dried oregano** and **olives** into the **onion mixture**. Bring to the boil then turn the heat to low and simmer the sauce until thick and tomatoey, 15 mins.



4 COOK THE PASTA

Meanwhile, add the **penne** to the boiling water and cook for 10 mins or until 'al dente'.
★ **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. Once the **aubergine** is cooked, remove it from the oven and gently stir it into the **tomato sauce**.



5 BAKE THE PASTA

Drain the **pasta** in a colander and add it to the **tomato sauce**. Tear the **basil** and **mozzarella** into small pieces and stir through. Pour the whole mixture into an ovenproof dish. Scatter over the **cheddar** and put the dish on the top shelf of your oven. Cook until the **cheese** is golden and bubbly, 5-10 mins.



6 FINISH UP

While the **pasta** bakes drizzle some **olive oil** and the **balsamic vinegar** over the **rocket**. Sprinkle on a pinch of **salt** and **pepper** and the **pine nuts**, then toss together. Serve a good spoonful of the **pasta** with the **rocket salad** on the side. **Enjoy!**

2 PEOPLE INGREDIENTS

Aubergine, chopped	1
Onion, chopped	1
Garlic Clove, grated	2
Cheddar Cheese, grated 7)	30g
Black Olives, chopped	30g
Finely Chopped Tomatoes	1 carton
Dried Oregano	½ tbsp
Penne 13)	200g
Basil, torn	½ bunch
Mozzarella Cheese, torn 7)	1 ball
Balsamic Vinegar 14)	1 tbsp
Rocket	1 bag
Pine Nuts	25g

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 638G	PER 100G
Energy (kcal)	815	128
(kJ)	3410	534
Fat (g)	32	5
Sat. Fat (g)	14	2
Carbohydrate (g)	91	14
Sugars (g)	19	3
Protein (g)	38	6
Salt (g)	1.35	0.21

ALLERGENS

7) Milk 13) Gluten 14) Sulphites

Balsamic Vinegar: Wine Vinegar (Contains **Sulphites**), Concentrated Grape Must, Colour E150D.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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