



SICILIAN-STYLE CAPONATA

with Pork and Aubergine



HELLO PARMESAN CHEESE

There are banks in Italy that accept maturing parmesan cheeses as collateral for loans!



Aubergine



Red Onion



Garlic Clove



Red Pepper



Pork Sausage Meat



White Wine Vinegar



Diced Tomatoes



Penne



Parmesan Cheese



Green Olives

MEAL BAG

Hands-on: **20** mins
Total: **35** mins

3.5 of your **5** a day

Family box

This recipe was inspired by our Patrick's love for all things Italian. Caponata is a classic Sicilian aubergine dish bursting with 'agrodolce' flavours - that's the Italian word for sweet and sour! But Patrick can't resist experimenting in the kitchen and has included some sausage in his caponata. Sicilians are notoriously protective of their recipes, so let's make sure it stays our delicious little secret, OK?

BEFORE YOU START

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



1 DO THE PREP

Preheat your oven to 220°C and put a large saucepan of water with a pinch of **salt** on to boil for the pasta. Halve the **aubergine** lengthways, cut into 2cm wide strips, then chop into 2cm cubes. Halve, peel and chop the **red onion** into roughly ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Halve, then remove the core from the **red pepper** and cut into 1cm slices.



2 ROAST THE VEGGIES

Spread the **aubergine** and **pepper** out on a lined baking tray. Drizzle over some **oil** and season with a pinch of **salt** and a grind of **pepper**. Pop on the top shelf of your oven. Roast until soft and a little crispy around the edges, about 20 mins.



3 START THE CAPONATA

Heat a glug of **oil** in a frying pan on medium heat. Once hot, add the **onion** and cook, stirring, 3 minutes. Stir in the **garlic** and cook for another minute. Add the **sausage meat** to your pan. Break it up with a wooden spoon and cook until slightly browned, 5 mins. Then add the **white wine vinegar** and cook until almost evaporated.



4 SIMMER

Pour the **diced tomatoes** into your pan along with the **water** (see ingredients for amount). Season with **salt**, **pepper** and a pinch of **sugar** (if you have some). Leave to simmer and thicken, 10-15 mins.



5 COOK THE PASTA

Meanwhile, add the **penne** to your pan of boiling **water**. Cook until 'al dente', about 6 mins. ★ **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. When cooked, drain in a colander, return to the pan off the heat and drizzle over a little **oil** to stop it from sticking.



6 COMBINE AND SERVE

Once the **aubergine** and **pepper** are ready, remove from your oven and stir into the **tomato sauce** along with the **olives**. We like to leave our **olives** whole for texture but chop them up if you'd like them to blend in, or leave out altogether if you're not a fan! Stir the **pasta** into the **caponata**. Serve in big bowls and grate the **parmesan cheese** over the top. **Buon appetito!**

2 PEOPLE INGREDIENTS

Aubergine, chopped	1
Red Onion, chopped	1
Garlic Clove, grated	2
Red Pepper, sliced	1
Pork Sausage Meat ¹⁴⁾	280g
White Wine Vinegar	2 tbs
Diced Tomatoes	1 tin
Water*	100ml
Penne ¹³⁾	180g
Green Olives	15g
Parmesan Cheese, grated ⁷⁾	20g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 753G	PER 100G
Energy (kcal)	839	111
(kJ)	3510	466
Fat (g)	35	5
Sat. Fat (g)	13	2
Carbohydrate (g)	87	12
Sugars (g)	20	3
Protein (g)	42	6
Salt (g)	4.35	0.58

ALLERGENS

⁷⁾ Milk ¹³⁾ Gluten ¹⁴⁾ Sulphites

🧼 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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