



# Pork Stuffed Aubergine Parmigiana

with Balsamic Pea Shoot Salad

27

Calorie Smart 30-35 Minutes • 2 of your 5 a day • Under 650 Calories



Aubergine



Garlic Clove



Medium Tomato



Pork Mince



Italian Style Herbs



Tomato Passata



Chicken Stock Paste



Grated Hard Italian Style Cheese



Panko Breadcrumbs



Pea Shoots



Balsamic Glaze

Pantry Items  
Sugar



## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, baking paper, garlic press, frying pan and bowl.

## Ingredients

	2P	3P	4P
Aubergine**	2	3	4
Garlic Clove**	2	3	4
Medium Tomato	1	2	2
Pork Mince**	120g	180g	240g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp
Grated Hard Italian Style Cheese** (7) 8)	40g	60g	80g
Panko Breadcrumbs 13)	10g	25g	25g
Pea Shoots**	40g	80g	120g
Balsamic Glaze 14)	1 sachet	1 sachet	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	572g	100g
Energy (kJ/kcal)	1448/346	253/61
Fat (g)	15	3
Sat. Fat (g)	7	1
Carbohydrate (g)	26	5
Sugars (g)	19	3
Protein (g)	24	4
Salt (g)	1.89	0.33

Nutrition for uncooked ingredients based on 2 person recipe.  
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.

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## Contact

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## Roast the Aubergines

Preheat your oven to 200°C. Halve the **aubergines** lengthways, keeping the stem attached. Score the flesh deeply (in a criss-cross pattern), taking care to not cut through the skin. Put the **aubergine** halves, skin-side down, onto a large lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**. When the oven is hot, roast the **aubergine** on the top shelf until golden brown and soft, 22-25 mins.



## Make the Ragu

Add the **garlic**, **Italian style herbs**, **passata**, **chicken stock paste** and **sugar for the sauce** (see ingredients for amount) to the **mince**. Stir and bring to the boil, then reduce the heat and simmer until the **sauce** is very thick, 5-7 mins, stirring occasionally. **IMPORTANT: The mince is cooked when no longer pink in the middle.** Meanwhile, pop the **hard Italian style cheese** and **panko breadcrumbs** into a medium bowl. Season with **salt** and plenty of **pepper**, mix together, then set aside.



Scan to get your exact PersonalPoints™ value



## Prep the Veg

Meanwhile, peel and grate the **garlic** (or use a garlic press). Chop the **tomatoes** into 1cm pieces.



## Stuff the Aubergines

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 scoop out the **flesh** whilst keeping the skin intact. Repeat for the other **halves**. Roughly chop the **aubergine flesh**, then add to the **ragu**. Spoon the **ragu mixture** back into each **aubergine skin** so all **halves** are filled. Sprinkle over the **cheesy breadcrumbs**, then grill until golden, 3-5 mins.



## Fry the Pork

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When the **oil** is hot, add the **pork mince** and cook until browned, 4-5 mins. Use a wooden 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.**



## Finish and Serve

Toss the **pea shoots** and **tomatoes** together with a drizzle of **oil**, then season with **salt** and **pepper**. Serve the **stuffed aubergine parmigiana** on your plates with the **salad** alongside. Drizzle the **balsamic glaze** over the **salad** to finish.

## Enjoy!