

Pork Stuffed Aubergine Parmigiana

with Balsamic Pea Shoot Salad

Calorie Smart

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







Aubergine





Medium Tomato





Italian Style Herbs





Chicken Stock Paste



Tomato Passata

Grated Hard Italian Style Cheese





Breadcrumbs



Balsamic Glaze



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

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







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 the 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.



Prep the Veg

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



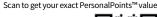
Fry the Pork

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.



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.











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.



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!