



Roasted Aubergine and Mushroom Linguine with Italian Style Cheese and Chives

Calorie Smart 20 Minutes • 4 of your 5 a day • Veggie • Under 650 Calories

23



Aubergine



Linguine



Garlic Clove



Chives



Sliced Mushrooms



Finely Chopped
Tomatoes with Basil



Vegetable Stock Paste



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

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Linguine 13	180g	270g	360g
Garlic Clove**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Sliced Mushrooms**	120g	180g	240g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Sun-Dried Tomato Paste	25g	50g	50g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	503g 2309/552	100g 459/110
Fat (g)	9.9	2.0
Sat. Fat (g)	4.5	0.9
Carbohydrate (g)	90.2	18.0
Sugars (g)	20.4	4.1
Protein (g)	24.2	4.8
Salt (g)	4.12	0.82

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk **8)** Egg **10)** Celery **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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Roast the Aubergine

a) Preheat your oven to 240°C/220°C fan/gas mark 9. Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **pasta**.

b) Trim the **aubergine**, then cut into roughly 2cm pieces and pop onto a baking tray.

c) Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.

d) Once the oven is hot, roast on the top shelf until soft, 15-18 mins. Turn halfway through.



Simmer the Sauce

a) Once the pan is hot, add the **sliced mushrooms**. Fry, stirring occasionally, until browned, 4-5 mins.

b) Lower the heat slightly, then add the **garlic** and cook, stirring, for 30 secs.

c) Stir in the **chopped tomatoes, veg stock paste, sun-dried tomato paste, sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**.

d) Bring to the boil, then reduce the heat and simmer until thickened, 4-5 mins.



Cook the Linguine

a) While the **aubergine** roasts, add the **linguine** to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

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



Mix in the Veg and Pasta

a) Once everything's cooked, combine the **roasted aubergine, cooked pasta** and **sauce** in whichever pan is the largest.

b) Stir in **half the chives** and **half the hard Italian style cheese**. Add a splash more **water** if it seems a bit dry.

c) Season to taste with **salt** and **pepper** if needed.



Prep Time

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Finely chop the **chives** (use scissors if easier).

c) Heat a drizzle of **oil** in a large frying pan on high heat.



Finish and Serve

a) When everything's ready, serve your **roasted aubergine and mushroom linguine** in bowls.

b) Finish with a sprinkling of the remaining **chives** and **cheese**.

Enjoy!



WeightWatchers