



Roasted Pepper and Aubergine Linguine with Italian Style Cheese and Chives

Rapid 20 Minutes • 4 of your 5 a day • Veggie

18



Aubergine



Bell Pepper



Linguine



Garlic Clove



Chives



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
Bell Pepper***	1	1	2
Linguine 13	180g	270g	360g
Garlic Clove**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
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***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2375 /568	468 /112
Fat (g)	10.0	2.0
Sat. Fat (g)	4.4	0.9
Carbohydrate (g)	94.0	18.5
Sugars (g)	23.0	4.5
Protein (g)	24.2	4.8
Salt (g)	3.70	0.73

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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

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

You can recycle me!



Get Roasting

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.

c) Halve the **bell pepper** and discard the core and seeds. Chop into 2cm pieces.

d) Pop both **veg** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf until soft, 15-18 mins. Turn halfway through.



Simmer the Sauce

a) Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **garlic** and cook, stirring, for 30 secs.

b) 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**.

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



Cook the Linguine

a) While the **veg** 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 veg, 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).



Finish and Serve

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

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

Enjoy!