



# Roasted Pepper and Aubergine Linguine with Italian Style Cheese and Chives

**Rapid** 20 Minutes • 5 of your 5 a day

19



Aubergine



Bell Pepper



Linguine



Garlic Clove



Chives



Finely Chopped  
Tomatoes with Basil



Vegetable Stock  
Paste



Sun-Dried  
Tomato Paste



Grated Hard Italian  
Style Cheese



Bacon Lardons

### Pantry Items

Oil, Salt, Pepper, Sugar

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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 <b>13</b>	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 <b>10</b>	10g	15g	20g
Sun-Dried Tomato Paste	25g	50g	50g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	60g	80g
Bacon Lardons**	180g	240g	360g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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 yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	552g	100g	642g	100g
Energy (kJ/kcal)	2426 / 580	440 / 105	3402 / 813	530 / 127
Fat (g)	10.1	1.8	28.3	4.4
Sat. Fat (g)	4.4	0.8	10.2	1.6
Carbohydrate (g)	96.6	17.5	98.4	15.3
Sugars (g)	24.6	4.5	24.7	3.8
Protein (g)	24.7	4.5	40.0	6.2
Salt (g)	3.81	0.69	6.26	0.98

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

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## Roast the Veg

**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. Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.

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

## CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add to the pan before the **garlic**. Stir-fry until golden, 4-5 mins, then add the **garlic** and continue as instructed. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.**



## 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 **tomato sauce** in whichever pan is the largest.

**b)** Stir in **half the chives** and **half the grated hard Italian style cheese**. Add a splash of **water** if it looks a little 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!