



Two Cheese Ratatouille Pasta Bake with Aubergine, Pepper and Charred Courgette

Classic 40-45 Minutes • 4 of your 5 a day • Veggie

20



Aubergine



Bell Pepper



Penne Pasta



Courgette



Garlic Clove



Finely Chopped
Tomatoes with
Onion and Garlic



Vegetable Stock
Paste



Sun-Dried
Tomato Paste



Provencal Herbs



Mature Cheddar
Cheese



Mozzarella



Panko Breadcrumbs

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, saucepan, colander, garlic press, frying pan, grater and ovenproof dish.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Bell Pepper***	1	2	2
Penne Pasta 13)	180g	270g	360g
Courgette**	1	1	2
Garlic Clove**	2	3	4
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Provençal Herbs	½ sachet	¾ sachet	1 sachet
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml
Mature Cheddar Cheese** 7)	30g	45g	60g
Mozzarella** 7)	1 ball	2 balls	2 balls
Panko Breadcrumbs 13)	25g	35g	50g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, green, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	750g	100g
Energy (kJ/kcal)	3354 /802	447 /107
Fat (g)	23.8	3.2
Sat. Fat (g)	13.8	1.8
Carbohydrate (g)	104.0	13.9
Sugars (g)	25.7	3.4
Protein (g)	37.7	5.0
Salt (g)	3.84	0.51

Nutrition for uncooked ingredients based on 2 person recipe.


Allergens

7) Milk 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.

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1 Roast the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **aubergine**, then chop widthways into roughly 2cm pieces. Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.

Pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until soft and golden, 20-25 mins.

Halfway through, add the **pepper** to the **aubergine**, drizzle with a little more **oil** and toss together. Cook for the remaining time, 10-12 mins.



4 Make the Sauce

Return the (now empty) frying pan to medium heat with a drizzle of **oil**. Once hot, add the **garlic** and stir-fry for 30 secs.

Stir in the **chopped tomatoes, vegetable stock paste, sun-dried tomato paste, Provençal herbs, sugar** and **water for the sauce** (see ingredients for both amounts).

Bring to the boil, then reduce the heat and simmer, stirring occasionally, until thickened, 7-8 mins.



2 Pasta Time

Meanwhile, bring a large saucepan of **water** to the boil with ½ **tsp salt**.

When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.

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



5 Ready, Steady, Bake

While the **sauce** simmers, grate the **Cheddar**. Drain the **mozzarella** and tear into small pieces.

Once everything is ready, stir the **roasted aubergine, pepper, courgette** and **cooked penne** into the **sauce**. Taste and season with **salt** and **pepper** if needed.

Transfer to an ovenproof dish and top with the **mozzarella, Cheddar** and **panko breadcrumbs**.

Pop onto the top shelf of your oven and bake until the **cheese** is bubbling and golden brown, 10-15 mins.



3 Char the Courgette

While the **pasta** cooks, trim the **courgette**, then quarter lengthways. Chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press).

Heat a large frying pan on high heat (no oil). When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

Once cooked, season with **salt** and **pepper**, then transfer to a bowl.



6 Time to Serve

Once the **pasta bake** is ready, spoon into your serving bowls and tuck in.

Enjoy!