



# Veggie Ragu Pasta Bake with Aubergine and Mushrooms

Classic 45 Minutes • Little Heat • 1 of your 5 a day • Veggie

24



Echalion Shallot



Garlic



Carrot



Aubergine



Chestnut Mushrooms



Penne Pasta



Italian Herbs



Tomato Puree



Balsamic Vinegar



Red Split Lentils



Finely Chopped  
Tomatoes with Basil



Vegetable Stock Powder



Mozzarella



Grated Hard Italian Style  
Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Colander, Frying Pan, Measuring Jug and Ovenproof Dish.

## Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic**	1	2	2
Carrot**	1	1	2
Aubergine**	1	2	2
Chestnut Mushrooms**	150g	225g	300g
Penne Pasta <b>13</b>	200g	300g	400g
Italian Herbs	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Balsamic Vinegar <b>14</b>	1 sachet	1 sachet	1 sachet
Red Split Lentils	50g	75g	100g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Mozzarella <b>7</b> **	1 ball	1½ balls	2 balls
Grated Hard Italian Style Cheese <b>7</b> ) <b>8</b> **	40g	60g	80g
Water for the Sauce*	300ml	450ml	600ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>746g</b>	<b>100g</b>
Energy (kJ/kcal)	3649/872	489/117
Fat (g)	22	3
Sat. Fat (g)	14	2
Carbohydrate (g)	119	16
Sugars (g)	28	4
Protein (g)	47	6
Salt (g)	3.47	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!


Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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## Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **pasta**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a **garlic press**). Trim the **carrot** and grate on the coarse side of your grater (no need to peel). Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Thinly slice the **chestnut mushrooms**.



## Simmer the Ragu

Stir the **tomato puree** into the **veggies** then stir in the **balsamic vinegar** and allow it to evaporate. Stir in the **red split lentils**. Pour in the **finely chopped tomatoes, water** (see ingredients for amount) and **vegetable stock powder**. Bring to the boil, then reduce the heat and simmer until thick and tomatoey, 20-25 mins, stirring occasionally to make sure the **lentils** don't catch. Add a splash of **water** if you feel it needs it.



## Cook the Pasta

When the **water** is boiling, stir in the **penne** and cook for 12 mins. Drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking. Set aside. Meanwhile, pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer. When hot, roast on the top shelf of your oven until the **aubergine** is soft and golden, 20-25 mins. Turn halfway through cooking. Remove from the oven when ready.



## Bake

Meanwhile, drain the **mozzarella** and tear into small pieces. When the **ragu** is thickened and the **lentils** tender, stir in the cooked **penne** and **roasted aubergine**. Season to taste with **salt** and **pepper** if needed then transfer to an ovenproof dish. Scatter the **mozzarella** over the top then sprinkle over the **hard Italian style cheese**. Grill on the top shelf of your oven until golden and bubbling, 5-6 mins.



## Start Frying

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. When hot, add the **shallots, pepper** and **mushrooms** along with a pinch of **sugar**. Season with **salt** and **pepper**. Cook, stirring occasionally, until the **veg** start to colour, 3-4 mins. Stir in the **garlic, grated carrot** and **Italian herbs** and cook for another minute.



## Serve

Serve the **veggie ragu pasta bake**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.