



Warm Mediterranean Vegetable and Chorizo Pasta Salad with Feta

Classic 35 Minutes • Little Spice • 3 of your 5 a day

3



Aubergine



Courgette



Red Onion



Flat Leaf Parsley



Italian Herbs



Baby Plum Tomatoes



Penne Pasta



Chorizo



Red Wine Vinegar



Feta Cheese

Before you start

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

Cooking tools, you will need:

Saucepan, Baking Tray, Frying Pan, Wooden Spoon, Bowl, Colander, Plate.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Courgette**	1	1	2
Red Onion**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Italian Herbs	½ pot	¾ pot	1 pot
Baby Plum Tomatoes	125g	190g	250g
Penne Pasta 13	200g	300g	400g
Chorizo**	60g	90g	120g
Red Wine Vinegar 14	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1½ tbsp	2½ tbsp	3 tbsp
Feta Cheese 7 **	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	587g	100g
Energy (kJ/kcal)	3068 /733	523 /125
Fat (g)	23	4
Sat. Fat (g)	12	2
Carbohydrate (g)	92	16
Sugars (g)	20	3
Protein (g)	35	6
Salt (g)	2.48	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **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.

Contact

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Packed in the UK

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Get Prepped!

Preheat your oven to 200°C. Bring a large pan of **water** to the boil with ¼ tsp **salt** for the **pasta**. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 5cm pieces. Trim the **courgette**, then quarter lengthways. Chop widthways into small pieces. Halve, peel and cut the **onion** into **wedges**. Roughly chop the **parsley** (stalks and all).



Make the Chorizo Dressing

Heat a medium frying pan on medium-high heat (no oil). Once the **oil** is hot, add the **chorizo** and stir-fry until it releases its lovely red **oil**, 1-2 mins. **TIP:** Don't let it take on too much colour. Carefully add the **red wine vinegar**, bring to a simmer then tip into a large bowl and mix with the **olive oil** (see ingredients for amounts) and season with **salt** and **pepper**. Crumble the **feta** into **chunks**.



Roasting Time!

Pop the **aubergine** onto a baking tray, drizzle with **oil**, season with **salt** and **pepper** and scatter over **half** the **Italian herbs**. Toss to coat then roast on the top shelf until soft and golden, 25-30 mins. Turn halfway through cooking. Meanwhile, pop the **red onion**, **courgette** and **tomatoes** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper** and scatter over the remaining **Italian herbs**. Toss to coat. Roast on the middle shelf for the final 15 mins of the **aubergine** cooking time.



Finish Up

Once the **pasta** is cooked, drain in a colander then add to the bowl with the **chorizo dressing**. Mix well to coat then stir through the **roasted courgette**, **tomato**, **onion**, **half** the **feta**, **half** the **aubergine** and **half** the **parsley**. Taste and season with **salt** and **pepper**.



Cook the Pasta

Once the pan of **water** has come to the boil, add the **penne** and cook until tender, 12 mins.



Serve!

Divide the **pasta salad** between your plates. Top with the remaining **aubergine**, **feta** and **parsley**.

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.