



# Warm Mediterranean Style Pasta Salad

with Chorizo, Roasted Veg and Feta

Classic 35 Minutes • 3 of your 5 a day

N° 3



Aubergine



Bell Pepper



Red Onion



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, Cutting Board, Knife, Baking Tray, Frying Pan, Bowls and Colander.

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Bell Pepper***	1	1	2
Red Onion**	1	1	2
Parsley**	1 bunch	1 bunch	1 bunch
Italian Herbs	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	190g	250g
Penne Pasta <b>13</b>	180g	270g	360g
Chorizo**	60g	90g	120g
Red Wine Vinegar <b>14</b>	1 sachet	1½ sachet	2 sachets
Olive Oil*	1½ tbsp	2 tbsp	3 tbsp
Feta Cheese <b>7</b> **	100g	150g	200g

\*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

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>520g</b>	<b>100g</b>
Energy (kJ/kcal)	2757 /659	531 /127
Fat (g)	24	5
Sat. Fat (g)	9	2
Carbohydrate (g)	84	16
Sugars (g)	16	3
Protein (g)	27	5
Salt (g)	1.98	0.38

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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## 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. Halve the **pepper** and discard the core and seeds. Chop into 3cm sized chunks. Halve, peel and cut the **onion** into wedges. Roughly chop the **parsley** (stalks and all).



## 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**, **pepper** 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.



## Cook the Pasta

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



## 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. Don't let it take on too much colour! Add the **red wine vinegar** carefully, 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.



## 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 **pepper**, **tomato**, **onion**, **half** the **feta**, **half** the **aubergine** and **half** the **parsley**. Taste and season with **salt** and **pepper**.



## 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.