



More Than Food

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Aubergine, Chilli, Chorizo & Sun-Dried Tomato Linguine

Somedays you want to be adventurous and others you just want a little more time to put your feet up. We made this dish with classic Italian notions of simplicity and speed at its heart. To make this recipe, fresh tomatoes are left for around ten days in the sun and lose around 90% of their water to become sun-dried. The process intensifies their flavour so that even a couple will add a burst of sweet, intense flavour to your dinner. Buon appetito!



30 mins



lactose free



spicy



family box



Onion (2)



Flat Leaf Parsley
(5 tbsp)



Garlic Clove (4)



Sun-Dried Tomatoes
(4 tbsp)



Aubergine (2)



Chilli Flakes (¼ tsp)



Chorizo (3 packs)



Linguine
(400g)



Organic Chopped
Tomatoes (2 tins)

Ingredients

	2P	4P
Onion, diced	-	2
Flat Leaf Parsley, chopped	-	5 tbsp
Garlic Clove, diced	-	4
Sun-Dried Tomatoes, diced	-	4 tbsp
Aubergine, chopped	-	2
Chilli Flakes	-	¼ tsp
Chorizo 1	-	3 packs
Linguine 2	-	400g
Organic Chopped Tomatoes	-	2 tins

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Sulphites | **2)** Gluten

Nutrition per serving: Calories: 644 kcal | Protein: 28 g | Carbs: 117 g | Fat: 12 g | Saturated Fat: 4 g



1 Pre-heat the grill to high. Boil a large pot of water. Peel and finely dice the onion and finely chop the parsley. Place the flat side of a large knife on your garlic cloves and press down firmly to release the skin. Remove the skin and then finely dice both the garlic and the sun-dried tomatoes.



2 Slice the aubergines in half lengthways. Slice each half lengthways into four long strips. Slice lengthways along each strip of aubergine to remove a bit of the white spongy part. Now chop the aubergine widthways into (roughly) 1cm chunks.



3 LH: *Mix the aubergine with 2 tbsp of olive oil and ½ tsp of salt and spread on a baking tray.* Put this on the shelf closest to the grill and cook the aubergine for around 15-20 mins, or until it is soft and slightly crispy around the edges.



4 Fry off the onion, garlic, sun-dried tomatoes and chilli flakes (if you like things a bit spicy!) in 2 tbsp of olive oil on medium heat until the onion is soft. **Tip:** *This should take around 5 mins - be careful not to let the ingredients burn.* When the onion is soft add

the chorizo and cook for a further 2 mins.

5 Cook your pasta in the boiling water with ½ tsp of salt for around 10 mins, or until the pasta is 'al dente' (i.e. there is just a hint of firmness left in the middle), then drain.

6 Add the tinned tomatoes to the onion, garlic and chorizo mixture, together with ½ tsp of sugar (if you have some), ½ tsp of salt and a few grinds of black pepper. Bubble away the mixture on a medium-low heat for around 5 mins until you have a nice thick sauce.

7 Now that your pasta sauce has thickened up, stir in the grilled aubergine.

8 Next, drop your drained pasta into the pan with the tomato sauce and sprinkle over the parsley. If you're feeling up to the task, then toss the ingredients together to mix them. If you don't fancy redecorating the kitchen, then you can always stir the ingredients instead.

9 Serve in bowls and enjoy!