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Pasta 'al Forno' with Roasted Aubergine and Mozzarella

There are few things as warmth-inducing as a big, Italian wood-fired oven, or the dishes that they produce. 'Al forno' describes dishes which have been oven baked and for this hearty recipe, we've combined the creaminess of our incredible mozzarella with the delicious saltiness of black olives. The trick here is to pack your pasta nice and tightly into the oven dish and cook it long enough for the mozzarella to melt and hold the pasta together.



45 mins



veggie



Aubergine (1)



Onion (½)



Garlic Clove (2)



Cheddar Cheese
(4 tbsp)



Black Olives
(1 pack)



Organic Chopped
Tomatoes (1 tin)



Dried Oregano
(½ tbsp)



Penne (200g)



Basil (½ bunch)



Mozzarella
(1 ball)



Balsamic Vinegar
(1 tbsp)



Rocket (1 bag)



Pine Nuts (1 tbsp)

Ingredients

	2 PEOPLE	ALLERGENS
Aubergine, chopped	1	
Onion, chopped	½	
Garlic Clove, chopped	2	
Cheddar Cheese	4 tbsp	Milk
Black Olives, chopped	1 pack	
Organic Chopped Tomatoes	1 tin	
Dried Oregano	½ tbsp	
Penne	200g	Gluten
Basil, torn	½ bunch	
Mozzarella	1 ball	Milk
Balsamic Vinegar	1 tbsp	Sulphites
Rocket	1 bag	
Pine Nuts	1 tbsp	

 Our fruit and veggies come fresh from the farm so give them a little wash before using

Did you know...

Traditional Mozzarella cheese was made from milk of water buffalos herded in countries like Italy and Bulgaria. It is now most commonly made from cow's milk though!

Nutrition per serving: Calories: 874 kcal | Protein: 43 g | Carbs: 113 g | Fat: 33 g | Saturated Fat: 13 g

1



1 Pre-heat your oven to 220 degrees. Chop the very top and bottom from the aubergine and then cut it in half lengthways. Slice each half lengthways into five pieces then chop it into 2cm cubes. Coat in 1 tbsp of olive oil, a pinch of salt and pepper and roast on a baking tray for 20 mins.

2



2 Peel and finely chop half the onion and the garlic. Grate the cheddar. Chop up the olives.

4



3 Heat 1 tbsp of oil in a non-stick frying pan on medium-low heat. Cook the onion and garlic for around 5 mins, or until soft.
Tip: You only want to soften the ingredients, not brown them off.

7



4 Boil a large pot of water with ¼ tsp of salt, for your pasta. Add the chopped tomatoes, dried oregano and olives to the onion mixture. Turn the heat to low and slowly cook the sauce until the aubergine is cooked (in the oven).
Tip: Once the excess water in the tomatoes has gone and the sauce has thickened, it is ready.

5 Cook the pasta in the boiling water for about 10 mins or until 'al dente'. **Tip:** Pasta is 'al dente' when it is cooked through but has a hint of firmness in the middle. Once the aubergine is soft and a little crispy around the edges mix it into the tomato sauce.

6 Drain the pasta and mix it thoroughly into the sauce. Tear the basil and mozzarella into small pieces and stir through the pasta. Pour the pasta into an ovenproof dish.

7 Scatter the grated cheddar cheese across the top and put the dish on the top shelf of the hot oven. Cook for around 5-10 mins or until the cheddar is browned off and crispy.

8 Drizzle 1 tsp of olive oil and the balsamic vinegar over the rocket. Sprinkle on a pinch of salt and pepper and the pine nuts. **Tip:** You can brown the pine nuts off by putting them in the oven for 5 mins. Serve a healthy spoonful of your pasta with the rocket salad on the side.