



Aubergine Parmigiana Style Pasta with Rocket and Tomato Salad

Classic 35-40 Minutes • 2 of your 5 a day • Veggie

20



Aubergine



Red Onion



Garlic Clove



Mozzarella



Penne Pasta



Tomato Puree



Finely Chopped
Tomatoes with Basil



Vegetable Stock
Paste



Grated Hard Italian
Style Cheese



Medium Tomato



Balsamic Vinegar



Rocket

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, garlic press, colander, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Mozzarella** 7)	1 ball	2 balls	2 balls
Penne Pasta 13)	180g	270g	360g
Tomato Puree	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Medium Tomato	1	2	2
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Dressing*	½ tbsp	1 tbsp	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	681g / 3016 / 721	100g / 443 / 106
Fat (g)	20.3	3.0
Sat. Fat (g)	11.5	1.7
Carbohydrate (g)	95.0	14.0
Sugars (g)	29.0	4.3
Protein (g)	35.1	5.2
Salt (g)	3.82	0.56

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 10) Celery 13) Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1



Roast the Aubergine

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **aubergine**, then slice into rounds approximately 1cm thick. Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 20-25 mins. Turn halfway through.

4



Make the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion** and fry until softened, 5-6 mins.

Stir in the **tomato puree** and **garlic** and cook for 1 min more, then pour in the **chopped tomatoes**, **veg stock paste**, **sugar** and **water for the sauce** (see ingredients for both amounts). Season with **salt** and **pepper**, then bring to the boil.

Lower the heat to medium and simmer until the **sauce** has thickened, 6-8 mins.

2



Prep Time

Meanwhile, bring a large saucepan of **water** to the boil with ½ **tsp salt**.

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).

Drain the **mozzarella** and tear it into small pieces.

5



Assemble your Parmigiana

Taste the **sauce** and add **salt**, **pepper** and a pinch of **sugar** if necessary. Stir through the **cooked pasta** and **half the hard Italian style cheese**.

Transfer **half the pasta** to an ovenproof dish. Layer the **roasted aubergine slices** over the top, then cover with the remaining **pasta**. Scatter evenly with the **mozzarella pieces** and remaining **hard Italian style cheese**.

Switch your oven to grill setting on high heat.

Once hot, grill the **pasta** until the **cheese** is golden and bubbling, 5-6 mins.

3



Cook the Pasta

When your pan of **water** is boiling, add the **penne** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

6



Finish and Serve

Cut the **tomato** into 1cm pieces, then add to a medium bowl with the **balsamic vinegar** and **olive oil for the dressing** (see ingredients for amount). Season with **salt** and **pepper**.

Just before serving, add the **rocket** to the **tomatoes** and toss to coat in the **dressing**.

Serve your **aubergine parmigiana bake** in large bowls with the **rocket salad** alongside.

Enjoy!