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# Bacon Rigatoni with Aubergine, Tomatoes and Feta

Classic • 35 Minutes • Little Spice • 2 of your 5 a day



Aubergine



Garlic Clove



Medium Tomato



Flat Leaf Parsley



Feta Cheese



Rigatoni Pasta



Bacon Lardons



Chilli Flakes

Finely Chopped  
Tomatoes with  
Onion and Garlic

## Before you start

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

## Cooking tools, you will need:

Saucepan, Garlic Press, Baking Tray, Colander, Frying Pan, Wooden Spoon, Bowl.

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Garlic Clove	1	2	2
Medium Tomato	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Feta Cheese 7)**	100g	150g	200g
Rigatoni Pasta 13)	200g	300g	400g
Bacon Lardons**	90g	120g	180g
Chilli Flakes	1 pinch	1 pinch	1 pinch
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	599g	100g
Energy (kJ/kcal)	3120 /746	521 /124
Fat (g)	24	4
Sat. Fat (g)	12	2
Carbohydrate (g)	94	16
Sugars (g)	19	3
Protein (g)	35	6
Salt (g)	4.20	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

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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### Do the Prep

Preheat your oven to 200°C. Put a large saucepan of **water** with  $\frac{1}{2}$  tsp **salt** on to boil for the **pasta**. Trim the **aubergine** then halve lengthways. Chop each half into 1cm wide long strips then chop widthways into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Chop the **tomatoes** into 2cm pieces, roughly chop the **parsley** (stalks and all). Crumble the **feta** into rough chunks.



### Roast the Aubergine

Put the **aubergine** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and toss to coat. Spread out evenly in a single layer and roast on the top shelf of your oven until soft and browned, 18-25 mins. Turn halfway through cooking. Once cooked, remove from the oven.



### Cook the Pasta

Meanwhile, add the **rigatoni** to your pan of boiling **water** and cook until tender, about 12 minutes. Once cooked, drain the **pasta** in a colander and return to the pan. Drizzle over a little **oil** and stir through to stop it sticking together.



### Start the Sauce

In the meantime, heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **bacon lardons** and stir-fry until browned and crispy, 5-6 mins. Add the **garlic** and **chilli flakes** (only a pinch - they're hot), stir together and cook for 1 minute more. Pour in the **finely chopped tomatoes** and season with **salt** and **pepper**. Add a pinch of **sugar** and stir together.



### Simmer

Lower the heat to medium and simmer the **sauce** until it has thickened and reduced by half, 6-7 mins. Once the **aubergine** is cooked, stir it into the **sauce**. Season to taste with **salt** and **pepper** if needed.



### Finish and Serve

Meanwhile, switch your oven to grill setting. Put the **fresh tomatoes pieces** and **feta** on the baking tray you used for the **aubergine** (no need to wash it). Drizzle with **oil** and season with **pepper**. Gently combine them, then grill until the **feta** is browned and the **tomatoes** are soft, 4-5 mins. Stir the **pasta** into the **sauce** along with **half the parsley**. Serve in bowls with the **grilled tomatoes** and **feta** on top, sprinkled with the remaining **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.