



MAY
2016

Rigatoni Al Forno

with Roasted Eggplant, Fresh Mozzarella, and Basil

Oven-baked pasta (pasta al forno) is Italian comfort food at its finest. Even if you don't have a Nonna, you can still appreciate the nostalgic warmth this dish brings to the table. Gooey mozzarella makes this dish irresistible.



Prep: 10 min
Total: 35 min



level 1



veggie



nut free



Rigatoni



Tomatoes



Basil



Fresh Mozzarella
Cheese



Eggplant



Garlic



Panko
Breadcrumbs



Yellow Onion



Parmesan
Cheese

Ingredients

		2 People	4 People
Rigatoni	1)	6 oz	12 oz
Tomatoes		3	6
Basil		½ oz	1 oz
Fresh Mozzarella Cheese	2)	4 oz	8 oz
Eggplant		1	1
Garlic		2 Cloves	4 Cloves
Panko Breadcrumbs	1)	¼ Cup	½ Cup
Yellow Onion		1	2
Parmesan Cheese	2)	¼ Cup	½ Cup
Olive Oil*		4 t	8 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Large pot, Baking sheet, Strainer, Tall-sided oven safe pan, Small bowl

Ruler

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Nutrition per person Calories: 697 cal | Fat: 27 g | Sat. Fat: 11 g | Protein: 31 g | Carbs: 85 g | Sugar: 21 g | Sodium: 487 mg | Fiber: 13 g

1



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 425 degrees. Bring a large pot of **water** with a large pinch of **salt** to a boil. Cut the **eggplant** into ½-inch cubes. Core, seed, and dice the **tomatoes**. Halve, peel, and dice the **onion**. Mince or grate the **garlic**.

3



2 Cook the eggplant and rigatoni: Toss the **eggplant** on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 25 minutes, tossing halfway through cooking, until soft and golden brown. Add the **rigatoni** to the boiling water and cook for 9-10 minutes, until al dente. Drain, reserving ¼ cup **pasta water**.

4



3 Make the sauce: While the **pasta** cooks, heat a drizzle of **olive oil** in a tall-sided, oven safe pan over medium heat. Add the **onion** and **garlic** and cook, tossing for 4-5 minutes, until soft. Add the **tomatoes** and ½ cup **water** and cook, breaking up the tomatoes, for 1-2 minutes. Cover the pan and simmer, stirring occasionally, until the tomatoes are completely broken down into a sauce, for about 4-5 minutes. Season to taste with **salt** and **pepper**.

5



4 Prep the remaining ingredients: Finely chop the **basil leaves**. Cut the **mozzarella cheese** into ½-inch cubes. In a small bowl, combine the **panko**, **parmesan**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**.

5 Toss: When the **eggplant** is done, heat the broiler to high or the oven to 500 degrees. Toss the eggplant into the **sauce** along with the **rigatoni**, **mozzarella cheese**, and **half the basil**. Add a splash of **pasta water**, if necessary, to loosen the sauce. Season to taste with **salt** and **pepper**.

6 Broil and serve: Sprinkle the pan with the **panko mixture** and transfer to the oven to broil for 1-2 minutes (don't take your eyes off it!), until golden brown and the **mozzarella cheese** is melted. **TIP:** If you don't have an oven safe pan, transfer the meal to a baking dish before putting in the oven! When finished, sprinkle the pan with the remaining **basil** and enjoy!