



Roasted Pepper and Aubergine Linguine with Walnuts and Chives

Rapid 20 Minutes • 1.5 of your 5 a day • Veggie

16



Aubergine



Bell Pepper



Linguine



Garlic Clove



Chives



Tomato Purée



Finely Chopped
Tomatoes with Basil



Vegetable
Stock Powder



Sundried
Tomato Paste



Grated Hard Italian
Style Cheese



Walnuts

Before you start

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

Cooking tools, you will need:

Saucepan, Chopping Board, Baking Tray, Colander, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Bell Pepper***	1	1	2
Linguine 13)	200g	300g	400g
Garlic Clove**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Tomato Purée	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Sundried Tomato Paste	1 sachet	2 sachets	2 sachets
Water*	50ml	75ml	100ml
Grated Hard Italian Style Cheese 7) 8) **	1 pack	1½ packs	2 packs
Walnuts 2)	1 small pot	1 large pot	1 large pot

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	604g	100g
Energy (kJ/kcal)	2920/698	484/116
Fat (g)	15	3
Sat. Fat (g)	5	1
Carbohydrate (g)	104	17
Sugars (g)	26	4
Protein (g)	29	5
Salt (g)	3.23	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut **7)** Milk **8)** Egg **10)** Celery **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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Roast

a) Preheat your oven to 220°C. Bring a large saucepan of **water** to the boil with ¼ tsp of **salt** for the **pasta**.

b) Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces.

c) Halve the **pepper** and discard the core and seeds. Chop into 2cm pieces.

d) Pop both onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**.

e) Toss to coat, spread out and roast on the top shelf until soft, 15-18 mins.



Cook the Sauce

a) Heat a drizzle of **oil** in a large frying pan on medium heat. When hot, add the **garlic** and cook, stirring, for 30 seconds.

b) Stir in the **tomato purée**, followed by the **finely chopped tomatoes**, **vegetable stock powder**, **sundried tomato paste** and **water** (see ingredients for amount).

c) Add a pinch of **sugar** and season with **salt** and **pepper**.

d) Bring to the boil, then reduce the heat and simmer until thick and tomatoey, 4-5 mins.



Cook the Pasta

a) Add the **linguine** to the pan of boiling **water** and cook until tender, 12 mins then drain in a colander.

b) Pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



Finish Up

a) When they are ready, combine the **roasted veggies**, **cooked pasta** and **sauce** in whichever pan is the largest.

b) Stir in **half** the **chives** and **half** the **hard Italian style cheese**. **TIP:** Add a splash more water if it seems a bit dry!

c) Season to taste with **salt** and **pepper** if needed.



Prep

a) Meanwhile, peel and grate the **garlic** (or use a garlic press if you have one).

b) Finely chop the **chives** (or use scissors).



Serve

a) Serve in bowls.

b) Finish with the **walnuts** and a sprinkling of the remaining **chives** and **cheese**.

Enjoy!