



Warm Mediterranean Style Vegetable & Chorizo Pasta Salad with Feta

N° 21

CLASSIC 35 Minutes • 3 of your 5 a day



Aubergine



Red Pepper



Red Onion



Flat Leaf Parsley



Italian Herbs



Baby Plum Tomatoes



Penne Pasta



Chorizo



Red Wine Vinegar



Feta Cheese

Before you start

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

Basic cooking tools you will need:

Saucepan, Two Baking Trays, Frying Pan and Sieve.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Red Pepper**	1	1	2
Red Onion**	1	1	2
Flat Leaf Parsley**	1 bag	1 bag	1 bag
Italian Herbs	½ pot	¾ pot	1 pot
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Penne Pasta 13)	200g	300g	400g
Chorizo 7)**	60g	90g	120g
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1½ tbsp	2½ tbsp	3 tbsp
Feta Cheese 7)**	1 block	1½ blocks	2 blocks

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	592g	100g
Energy (kJ/kcal)	3109 /743	525 /125
Fat (g)	25	4
Sat. Fat (g)	13	2
Carbohydrate (g)	91	15
Sugars (g)	19	3
Protein (g)	33	6
Salt (g)	2.75	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Get Prepped!

Preheat your oven to 200°C. Bring a large pan of **water** to the boil with ¼ tsp **salt** for the pasta. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 5cm pieces. Halve the **pepper** and discard the core and seeds. Chop into 3cm sized chunks. Halve, peel and cut the **onion** into wedges. Roughly chop the **parsley** (stalks and all).



4. Make the Chorizo Dressing

Heat a medium frying pan on medium-high heat (no **oil**). Once the pan is hot, add the **chorizo** and stir-fry until it releases its lovely red **oil**, 1-2 mins. Don't let it take on too much colour! Add the **red wine vinegar** carefully, bring to a simmer then tip into a large bowl and mix with the **olive oil** (see ingredients for amounts) and season with **salt** and **pepper**. Crumble the **feta** into chunks.



2. Roasting Time!

Pop the **aubergine** onto a baking tray, drizzle with **oil**, season with **salt** and **pepper** and scatter over **half** the **Italian herbs**. Toss to coat then roast on the top shelf until soft and golden, 25-30 mins. Turn halfway through cooking. Meanwhile, pop the **red onion**, **pepper** and **tomatoes** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper** and scatter over the remaining **Italian herbs**. Toss to coat. Roast on the middle shelf for the final 15 mins of the **aubergine** cooking time.



5. Finish up

Once the **pasta** is cooked, drain in a sieve then add to the bowl with the **chorizo dressing**. Mix well to coat then stir through the **roasted pepper**, **tomato**, **onion**, **half** the **feta**, **half** the **aubergine** and **half** the **parsley**. Taste and season with **salt** and **pepper**.



3. Cook the Pasta

Once the pan of **water** has come to the boil, add the **penne** and cook until tender, 12 mins.



6. Serve!

Divide the **pasta salad** between your plates. Top with the remaining **aubergine**, **feta** and **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.