



# WHOLEWHEAT SPAGHETTI

with Grilled Aubergine, Asparagus and Chilli



NUTRITIONIST APPROVED



## HELLO WHOLEWHEAT PASTA

Wholewheat pasta has a higher fibre content compared to regular pasta. Regular pasta (White) is highly processed due to the milling process stripping the grain of the bran and germ.



Aubergine



Wholewheat Spaghetti



Finely Chopped Tomatoes with Onion



Asparagus



Flat Leaf Parsley



Sundried Tomatoes



Premium Tomatoes



Chilli Flakes

MEAL BAG

- 15 mins
- 3 of your 5 a day
- Little heat

- Balanced
- Under 550 calories
- Vegan

Our delicious grilled aubergine, asparagus and chilli spaghetti recipe is a go-to if you're looking for a hearty, wholesome weeknight recipe. In this recipe, we've used wholewheat spaghetti as the nuttier flavour works brilliantly with the fresh flavours of this dish and will leave you feeling fuller for longer. Wholewheat pasta has a higher fibre content than regular white pasta, containing three parts of the wheat grain, whereas white pasta only contains one, making it a great thing to use in this balanced recipe.

## GET PREPARED!

Preheat your Grill to High.

# BEFORE YOU START

**Preheat** your Grill to **High**. **Wash** the veggies. Make sure you've got some **Baking Paper**, a **Baking Tray**, **Large Frying Pan**, **Large Saucepan** and **Colander**. Let's start cooking the **Wholewheat Spaghetti with Grilled Aubergine, Asparagus and Chilli**.



## 1 PREP THE VEG

- Trim the **aubergine** then halve lengthways. Chop each half into four long strips and chop widthways into roughly 1cm pieces.
- Halve the **tomatoes**. Remove and discard the bottom 2cm of stalk from the **asparagus**. Chop widthways into thirds.
- Roughly chop the **parsley** (stalks and all). Finely chop the **sun-dried tomatoes**. Put your kettle on to boil.



## 2 GRILL THE VEGGIES

- Pop the **aubergine** and **tomatoes** onto a lined baking tray.
- Add a drizzle of **oil** and a sprinkle of **salt** and **pepper**. Toss together to evenly coat in the seasoning then arrange in a single layer.
- Pop the tray on the top shelf of your oven and grill until soft and starting to colour, 15-20 mins. Turn halfway through cooking.



## 3 START THE SAUCE.

- In the meantime, heat a drizzle of **oil** in a large frying pan on medium heat.
- Add the **sun-dried tomatoes** and **chilli flakes** (just a pinch, these flakes are HOT). Cook for 2-3 mins.



## 4 COOK THE SPAGHETTI

- Pour the water from your kettle into a large saucepan and bring back to the boil.
- Add the **wholewheat spaghetti** and a good pinch of **salt**. Cook for 7 mins then add the **asparagus**. Continue to cook the **spaghetti** and **asparagus** for a further 4 mins.
- Drain in a colander then return to the pan off the heat. Drizzle over a little **oil** to stop the **wholewheat spaghetti** sticking together.



## 5 FINISH THE SAUCE

- While the spaghetti cooks, add the **chopped tomatoes** to the frying pan along with a good grind of **pepper**.
- Let the **mixture** bubble away on medium heat until the **sauce** is nice and thick, stirring occasionally, 5-10 mins.
- Once the **sauce** has thickened, stir in the **grilled aubergine** and **tomatoes** and **half the parsley**. Season to taste with **salt** and **pepper** if necessary.



## 6 COMBINE

- Tip the **wholewheat spaghetti** into the **sauce** and gently stir together until everything is nicely combined.
- Serve in bowls, sprinkle over the remaining **parsley** and tuck in!

# ENJOY!

# 2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Aubergine *	1	1½	2
Wholewheat Spaghetti <sup>13</sup>	150g	225g	300g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Onion	1	1½	2
Asparagus *	1 bunch	1 bunches	1 bunches
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Sundried Tomatoes	1 small bag	1 small bag	1 large bag
Premium Tomatoes	1 punnet	1½ punnets	2 punnets
Chilli Flakes	a pinch	a pinch	a pinch

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 611G	PER 100G
Energy (kJ/kcal)	1797 / 430	294 / 70
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	77	13
Sugars (g)	27	4
Protein (g)	18	3
Salt (g)	3.57	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

<sup>13</sup>) Gluten

**Wholewheat Spaghetti. Ingredients:** Durum **wholewheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

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

## THUMBS UP OR THUMBS DOWN?

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