



Aubergine Parmigiana Style Pasta with Rocket Salad

Classic 35-40 Minutes • 3 of your 5 a day

43



Aubergine



Garlic Clove



Mozzarella



Penne Pasta



Tomato Passata



Red Wine
Stock Paste



Sun-Dried
Tomato Paste



Dried Oregano



Grated Hard Italian
Style Cheese



Balsamic Vinegar



Wild Rocket



Diced Chicken
Breast

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, garlic press, colander, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Garlic Clove**	1	2	2
Mozzarella** (7)	1 ball	2 balls	2 balls
Penne Pasta (13)	180g	270g	360g
Tomato Passata	1 carton	1 carton	1 carton
Red Wine Stock Paste (14)	28g	42g	56g
Sun-Dried Tomato Paste	25g	37g	50g
Dried Oregano	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** (7) (8)	40g	60g	80g
Balsamic Vinegar (14)	12ml	12ml	24ml
Wild Rocket**	20g	40g	40g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Dressing*	½ tbsp	1 tbsp	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	471g	100g	601g	100g
Energy (kJ/kcal)	2802 / 670	595 / 142	3449 / 824	574 / 137
Fat (g)	18.9	4.0	21.3	3.5
Sat. Fat (g)	10.1	2.1	10.8	1.8
Carbohydrate (g)	93.4	19.8	93.6	15.6
Sugars (g)	20.9	4.4	21.1	3.5
Protein (g)	30.6	6.5	62.1	10.3
Salt (g)	3.43	0.73	3.63	0.60

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Aubergine

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **aubergine**, then slice into 1cm thick rounds. Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 20-25 mins. Turn halfway through.



Make the Tomato Sauce

Stir in the **passata**, **red wine stock paste**, **sun-dried tomato paste**, **dried oregano**, **sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**, then bring the **tomato sauce** to the boil.

Lower the heat to medium and simmer until the **sauce** has thickened, 5-6 mins. Taste and add **salt**, **pepper** and a pinch of **sugar** if needed.



Prep Time

Meanwhile, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.

Peel and grate the **garlic** (or use a garlic press).

Drain the **mozzarella** and tear it into small pieces.



Assemble your Parmigiana

Stir the **cooked pasta** and **half the hard Italian style cheese** through the **sauce**.

Transfer **half the pasta** to an ovenproof dish. Layer the **roasted aubergine** over the top, then cover with the remaining **pasta**. Scatter over the **mozzarella** and remaining **hard Italian style cheese**.

Switch your oven to grill setting on high heat.

Once hot, grill the **pasta bake** until the **cheese** is golden and bubbling, 5-6 mins.



Cook the Pasta

When your pan of **water** is boiling, add the **penne** and bring back to the boil. Cook until tender, 12 mins. Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **garlic** and fry for 30 secs.

CUSTOM RECIPE

If you've chosen to add **diced chicken** to your meal, add it to the pan before the **garlic** and season. Cook until browned all over, 5-6 mins, then add the **garlic** and continue as instructed. The **chicken** will cook through after simmering. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Finish and Serve

In a medium bowl, combine the **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**.

Just before serving, add the **rocket** to the bowl and toss to coat in the **dressing**.

Serve your **aubergine parmigiana** bake in large bowls with the **rocket salad** alongside.

Enjoy!