



Cheesy Aubergine Parmigiana

with Mini Roasties and Green Beans

Calorie Smart 40-45 Minutes • 5 of your 5 a day • Under 650 Calories • Veggie

23



Potatoes



Aubergine



Garlic Clove



Green Beans



Finely Chopped Tomatoes with Basil



Vegetable Stock Paste



Dried Oregano



Mature Cheddar Cheese



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

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, garlic press, frying pan, grater, ovenproof dish and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Aubergine**	2	3	4
Garlic Clove**	2	3	4
Green Beans**	150g	200g	300g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Dried Oregano	1 sachet	1 sachet	2 sachets
Mature Cheddar Cheese** 7	40g	60g	90g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	798g	100g
Energy (kJ/kcal)	2193 /524	275 /66
Fat (g)	14.8	1.9
Sat. Fat (g)	8.5	1.1
Carbohydrate (g)	78.4	9.8
Sugars (g)	25.1	3.2
Protein (g)	23.7	3.0
Salt (g)	3.85	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8**) Egg **10**) Celery

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, cereals containing 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. Be careful when adding water to hot pans while cooking.


SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Roast the Aubergine

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **aubergines**, then slice into rounds approximately 1cm thick. Lay them onto a 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.



Layer up your Parmigiana

Once thickened, spoon a **third** of the **tomato sauce** into an appropriately sized ovenproof dish and spread out in an even layer.

Lay a **third** of the **roasted aubergine slices** on top, then generously sprinkle with a **third** of the **grated hard Italian style cheese**. Repeat this two more times with the remaining **sauce, aubergine** and **cheese - parmigiana** made!

Scatter over the **Cheddar**, then bake on the top shelf of your oven until golden and bubbling, 8-10 mins.



Potato Time

Meanwhile, pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.

While everything cooks, peel and grate the **garlic** (or use a garlic press). Trim the **green beans**.



Bring on the Beans

While the **parmigiana** bakes, wash the **tomato sauce** pan and pop back on medium-high heat with a drizzle of **oil**.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins.

Remove from the heat and season with **salt** and **pepper**.



Make your Tomato Sauce

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, stir in the **garlic** and cook for 1 min.

Add the **chopped tomatoes, veg stock paste, dried oregano, sugar** and **water for the sauce** (see pantry for both amounts) and stir together. Season with **salt** and **pepper**.

Bring to the boil, then reduce the heat and simmer until thickened, 8-10 mins.

Meanwhile, grate the **cheese**.



Serve Up

When your **parmigiana**'s ready, allow to stand for a couple of mins before serving.

Share between your plates and serve the **mini roasties** and **green beans** alongside.

Enjoy!