



Aubergine Parmigiana Style Pasta with Rocket and Crouton Salad

Classic 35 Minutes • 1 of your 5 a day

19



Aubergine



Red Onion



Garlic Clove



Mozzarella



Penne Pasta



Tomato Puree



Finely Chopped
Tomatoes with Basil



Vegetable
Stock Powder



Grated Hard Italian
Style Cheese



Balsamic Vinegar



Rocket



Croutons

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Saucepan, Garlic Press, Colander, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Mozzarella 7 **	1 ball	2 balls	2 balls
Penne Pasta 13	200g	300g	400g
Tomato Puree	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1½ carton	2 cartons
Water*	100ml	150ml	200ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style Cheese 7) 8 **	40g	60g	80g
Balsamic Vinegar 14	1 sachet	1 sachet	2 sachets
Olive Oil*	½ tbsp	1 tbsp	1 tbsp
Rocket**	40g	60g	80g
Croutons 7) 13	1 pack	2 packs	2 packs

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	663g	100g
Energy (kJ/kcal)	3607 /862	64 /15
Fat (g)	26	0
Sat. Fat (g)	14	0
Carbohydrate (g)	110	2
Sugars (g)	27	0
Protein (g)	42	1
Salt (g)	3.94	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

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.

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

You can recycle me!



Roast the Aubergine

Preheat your oven to 200°C. Trim the **aubergine** and slice into 1cm rounds. Pop the **aubergine rounds** onto a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer. Roast the **aubergine** until golden brown and soft, 20-25, turning halfway.



Make the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** and cook until softened, 5-6 mins. Stir every couple of minutes. Add the **tomato puree** and **garlic** to the pan, stir together and cook for 1 minute, then pour in the **chopped tomatoes**, **water** (see ingredients for amount), **stock powder** and a pinch of **sugar**. Season with **salt** and **pepper**. Bring to the boil, reduce the heat to medium and simmer until the **sauce** has thickened, 6-8 mins.



Finish the Prep

Meanwhile, bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a **garlic press**). Drain the **mozzarella** and pull it apart into small pieces.



Assemble

Taste the **sauce** and add **salt**, **pepper** and a pinch of **sugar** if necessary. Add the cooked **pasta** to the **sauce** along with **half** the **hard Italian style cheese** and stir to combine. Put **half** the **pasta** in an ovenproof dish. Layer the cooked **aubergine slices** on top of the **pasta** and finish with the remaining **pasta** on top. Top with the **mozzarella**, followed by the remaining **hard Italian style cheese**. Switch your oven to grill setting on high heat - grill the **pasta** until the **cheese** is golden and bubbly, 5-6 mins.



Cook the Pasta

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



Finish and Serve

Put the **balsamic vinegar** into a medium bowl and add the **olive oil** (see ingredients for amount). Season with **salt** and **pepper**. Once the **pasta bake** is cooked, serve in large bowls. Add the **rocket** and **croutons** to the **dressing** and toss to coat. Serve the **pasta** with the **rocket salad** alongside.

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.