



# Aubergine Parmigiana Style Pasta with Pea Shoot and Tomato Salad

**Classic** 35-40 Minutes • 4 of your 5 a day • Veggie

41



Aubergine



Garlic Clove



Mozzarella



Penne Pasta



Finely Chopped  
Tomatoes with Basil



Vegetable Stock  
Paste



Dried Oregano



Grated Hard Italian  
Style Cheese



Medium Tomato



Balsamic Vinegar



Pea Shoots

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil

## 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
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
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Medium Tomato	1	2	2
Balsamic Vinegar 14)	12ml	12ml	24ml
Pea Shoots**	40g	80g	80g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 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	Per serving	Per 100g
for uncooked ingredient	560g	100g
Energy (kJ/kcal)	2785 /666	498 /119
Fat (g)	18.5	3.3
Sat. Fat (g)	10.0	1.8
Carbohydrate (g)	90.5	16.2
Sugars (g)	21.7	3.9
Protein (g)	32.5	5.8
Salt (g)	3.71	0.67

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

## Allergens

7) Milk 8) Egg 10) Celery 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

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

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 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

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.

Stir in the **chopped tomatoes**, **veg stock paste**, **dried oregano**, **sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**, then bring to the boil.

Lower the heat to medium and simmer until the **sauce** has thickened, 6-8 mins.



## Mozzarella 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

Taste the **sauce** and add **salt**, **pepper** and a pinch of **sugar** if necessary. Stir through the **cooked pasta** and **half the hard Italian style cheese**.

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

Switch your oven to grill setting on high heat.

Once hot, grill the **pasta** 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.



## Finish and Serve

Cut the **tomato** into 1cm pieces, then add to a medium bowl with the **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**.

Just before serving, add the **pea shoots** to the **tomatoes** and toss to coat in the **dressing**.

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

Enjoy!