



# Aubergine Tagliatelle

with Chilli and Sun-Dried Tomatoes





#### **HELLO AUBERGINE**

Aubergines are spongy because 50% of their volume is air!







**Echalion Shallot** 















Chilli Flakes

Whole Wheat Tagliatelle

**Diced Tomatoes** 



Hard Italian Cheese

30 mins



Veggie



3.5 of your 5 a day



**Medium Heat** 

Sun-dried tomatoes really do bring a taste of sunshine to any dish you add them to. Their flavour is intense so a little goes a long way. Here they combine with grilled aubergine and whole wheat tagliatelle for a plateful of rustic, summery charm. Enjoy!



# BEFORE YOU -

Our fruit and veggies need a little wash before you use them! Make sure you've got a Large Saucepan, Fine Grater (or Garlic Press), Baking Tray, Frying Pan and Colander. Now, let's get cooking!



### **PREP THE VEGGIES** Preheat your grill to high and put a large saucepan of water with a pinch of **salt** on to boil for the **pasta**. Halve, peel and finely chop the **shallot**. Finely chop the **parsley** (stalks and all). Peel and grate the garlic (or

use a garlic press). Finely chop the sun-dried

tomatoes. Halve the aubergine lengthways

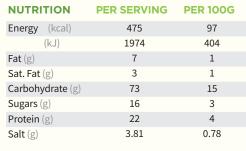
and chop into 1cm chunks.



COOK THE AUBERGINE Put the **aubergine** on a baking try and drizzle over a little oil. Season with salt and spread out evenly. Pop under your grill and cook until soft, golden brown and crispy round the edges, 12-15 mins. Turn halfway through cooking.



START THE SAUCE Put a splash of **olive oil** in a frying pan on medium heat. Add the shallot, garlic, sundried tomatoes and a pinch of chilli flakes. ★ TIP: Some like it hot, but if that's not you just go very easy on the chilli! Cook until the **shallot** is soft, about 4 mins.



**INGREDIENTS** 

½ bunch

20g

a pinch

180g 1 tin

40g

Echalion Shallot, chopped Flat Leaf Parsley, chopped

Sun-Dried Tomatoes, chopped

Whole Wheat Tagliatelle 1)

Garlic Clove, grated

Aubergine, chopped Chilli Flakes

**Diced Tomatoes** Hard Italian Cheese 7)

\*Not Included

#### **ALLERGENS**

)Gluten 7)Milk



**COOK THE PASTA** Add the **tagliatelle** to your pan of boiling water and cook until 'al dente', about 11 mins. **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. Taste it as you go to get it just right. When done, drain in a colander.



SIMMER THE SAUCE Add the diced tomatoes to the garlic and shallot mixture. Season with salt and **black pepper**. Let the **mixture** simmer on medium-low heat for around 5 mins, until you have a nice thick **sauce**. Then stir in the grilled aubergine.



**FINISH AND SERVE** Combine the **pasta** and **sauce** and toss together. Taste for **seasoning** and add a bit more **salt** or **black pepper** if needed. Serve in bowls, sprinkled with **parsley** and the **hard** Italian cheese. Buon appetito!

## THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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