



Aubergine Tagliatelle

with Chilli and Sun-Dried Tomatoes



HELLO AUBERGINE

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



Echalion Shallot



Flat Leaf Parsley



Garlic Clove



Sun-Dried Tomatoes



Aubergine



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 START

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!



1 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.



2 COOK THE AUBERGINE

Put the **aubergine** on a baking tray 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.



3 START THE SAUCE

Put a splash of **olive oil** in a frying pan on medium heat. Add the **shallot, garlic, sun-dried 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.



4 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.



5 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**.



6 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!**

2 PEOPLE INGREDIENTS

Echalion Shallot, chopped	1
Flat Leaf Parsley, chopped	½ bunch
Garlic Clove, grated	2
Sun-Dried Tomatoes, chopped	20g
Aubergine, chopped	1
Chilli Flakes	a pinch
Whole Wheat Tagliatelle 1)	180g
Diced Tomatoes	1 tin
Hard Italian Cheese 7)	40g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	475	97
(kJ)	1974	404
Fat (g)	7	1
Sat. Fat (g)	3	1
Carbohydrate (g)	73	15
Sugars (g)	16	3
Protein (g)	22	4
Salt (g)	3.81	0.78

ALLERGENS

1)Gluten 7)Milk

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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