



Aubergine Tagliatelle

with Chilli and Sun-Dried Tomatoes



HELLO AUBERGINE

Asian aubergines are small and white, hence the alternative name 'eggplant'.



Echalion Shallot



Flat Leaf Parsley



Garlic Clove



Sun-Dried Tomatoes



Aubergine



Chilli Flakes



Whole Wheat Tagliatelle



Diced Tomatoes



Hard Italian Cheese

30 mins

Veggie

2.5 of your 5 a day

Very Hot

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 slice into half moons.



2 GRILL 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 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, sliced	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?

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