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Aubergine Tagliatelle with Chilli and Sun-Dried Tomato

Somedays you want to be adventurous and others you just want a little more time to put your feet up. We made this dish with classic Italian notions of simplicity and speed at its heart. To make this recipe, fresh tomatoes are left for around ten days in the sun and lose around 90% of their water to become sun-dried. The process intensifies their flavour so that even a couple will add a burst of sweet, intense flavour to your dinner. Buon appetito!



30 mins



veggie



spicy



Onion (1)



Flat Leaf Parsley
(½ bunch)



Garlic Clove (2)



Sun-Dried Tomatoes
(30g)



Aubergine (1)



Chilli Flakes (a pinch)



Wholewheat Tagliatelle
(180g)



Organic Chopped
Tomatoes (1 tin)




Hard Italian Cheese
(3 tbsps)

2 PEOPLE INGREDIENTS

- Onion, chopped
- Flat Leaf Parsley, chopped
- Garlic Clove, chopped
- Sun-Dried Tomatoes, chopped
- Aubergine, chopped

- 1 **1** • Chilli Flakes
- ½ bunch • Wholewheat Tagliatelle
- 2 • Organic Chopped Tomatoes
- 30g • Hard Italian Cheese
- 1

- a pinch
- 180g
- 1 tin
- 3 tbsp

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Sun-dried tomatoes first came about so that tomatoes could be enjoyed and provide valuable nutrition in the winter, when historically it was difficult or impossible to grow fresh produce.

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	600 kcal / 2415 kJ	10 g	4 g	103 g	19 g	26 g	2 g
Per 100g	97 kcal / 390 kJ	2 g	1 g	17 g	3 g	44 g	0 g



1 Pre-heat your grill to high. Boil a large pot of water. Peel and finely chop the **onion** and finely chop the **parsley**. Place the flat side of a large knife on the **garlic** and press down firmly to release the skin. Remove the skin and then finely chop both the **garlic** and the **sun-dried tomatoes**.



2 Slice the **aubergine** in half lengthways. Slice each half lengthways into four long strips. Slice lengthways along each strip of **aubergine** to remove a bit of the white spongy part. Now chop the **aubergine** widthways into (roughly) 1cm chunks.



3 Mix your **aubergine** with a splash of **olive oil** and a pinch of **salt** and spread on a baking tray. Put this on the shelf closest to the grill and cook for around 15 mins, or until it is soft and slightly crispy around the edges.

4 Fry off your **onion**, **garlic**, **sun-dried tomatoes** and **chilli flakes** in a splash of **olive oil** on medium heat until the onion is soft. **Tip:** *This should take around 5 mins - be careful not to let the ingredients burn.*

5 Cook the **tagliatelle** in the boiling water with a pinch of **salt** for around 11 mins, or until 'al dente' (i.e. there is just a hint of firmness left in the middle), then drain.

6 Add the **chopped tomatoes** to your **garlic** and **onion**, together with another pinch of **salt** and a few grinds of **black pepper** to taste. Let the mixture bubble on medium-low heat for around 5 mins, until you have a nice thick sauce.

7 Once your sauce has thickened up, stir in your grilled **aubergine**.

8 Next, drop your drained **pasta** into the pan. Sprinkle over your **parsley** and add in the **hard Italian cheese**. If you're feeling up to the task, then toss the ingredients together to mix them. If you don't fancy redecorating your kitchen, then you can always stir the ingredients instead.



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