



Bacon Rigatoni

with Aubergine, Tomatoes and Feta

CLASSIC 25 Minutes • Medium Heat • 2 of your 5 a day

N° 3



Aubergine



Echalion Shallot



Garlic Clove



Baby Plum Tomatoes



Flat Leaf Parsley



Feta Cheese



Rigatoni



Bacon Lardons



Chilli Flakes



Finely Chopped
Tomatoes with Garlic
& Onion



Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Large Saucepan, Fine Grater (or Garlic Press), Baking Tray, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Rigatoni 13)	200g	300g	400g
Bacon Lardons**	60g	90g	120g
Chilli Flakes	a pinch	a pinch	a pinch
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	671g	100g
Energy (kJ/kcal)	3079 / 736	459 / 110
Fat (g)	21	3
Sat. Fat (g)	11	2
Carbohydrate (g)	96	14
Sugars (g)	23	4
Protein (g)	33	5
Salt (g)	3.61	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Do the Prep

Preheat your grill to high. Put a large saucepan of **water** with ½ tsp **salt** on to boil for the rigatoni pasta. Trim the **aubergine** then halve lengthways. Chop each half into 1cm wide long strips then chop widthways into roughly 1cm pieces. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes**. Roughly chop the **parsley** (stalks and all). Crumble the **feta** into rough chunks.



4. Start the Sauce

While the pasta is cooking, heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **bacon lardons** and stir-fry until browned and crispy, 5-6 mins. **IMPORTANT:** Cook the **bacon lardons** throughout. Add the **shallot**, stir and cook until soft, 3-4 mins. Add the **garlic** and **chilli flakes** (only a pinch - they're hot!), stir together and cook for 1 minute more. Pour in the **finely chopped tomatoes** and season with **salt** and **pepper**. Add a pinch of **sugar** (if you have some).



2. Grill the Aubergine

Put the **aubergine** on a baking tray and drizzle with a little **oil**. Season with **salt** and **pepper** and toss to coat. Spread out evenly and pop under your grill until soft and browned, 15-20 mins. Turn halfway through cooking. **TIP:** Keep an eye on the **aubergine** - you may need to adjust the heat if it starts to brown too quickly! Once cooked, remove from the grill but don't turn it off.



5. Simmer

Lower the heat to medium and simmer the **sauce** until it has thickened and reduced by half, 6-7 mins. Once the **aubergine** is cooked, stir it into the **sauce**. Season to taste with **salt** and **pepper** if needed.



3. Cook the Pasta

Meanwhile, add the **rigatoni** to your pan of boiling **water** and cook until 'al dente', about 12 mins. Once cooked, drain in a colander and return to the pan. Drizzle over a little **oil** and stir through to stop it sticking together.



6. Finish and Serve

Meanwhile, put the **cherry tomatoes** and **feta** on the baking tray you used for the **aubergine** (no need to wash it). Drizzle with **oil** and season with **pepper**. Gently combine them, then grill until the **feta** is browned and the **tomatoes** are soft, 4-5 mins. Stir the **pasta** into the **sauce** and stir in **half** the **parsley**. Serve in bowls with the **grilled tomatoes** and **feta** on top, sprinkled with the remaining **parsley**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.