



Cheesy Aubergine Parmigiana with Mini Roasties and Tenderstem® Broccoli

23

Calorie Smart 40-45 Minutes • 5 of your 5 a day • Veggie • Under 650 Calories



Potatoes



Aubergine



Garlic Clove



Tenderstem® Broccoli



Finely Chopped
Tomatoes with Basil



Vegetable Stock
Paste



Mature Cheddar
Cheese



Dried Oregano



Grated Hard Italian
Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, frying pan, grater, ovenproof dish, saucepan, lid and aluminum foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Aubergine**	2	3	4
Garlic Clove**	2	3	4
Tenderstem® Broccoli**	150g	200g	300g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Dried Oregano	1 sachet	1 sachet	2 sachets
Mature Cheddar Cheese** 7	40g	60g	80g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2185 / 522	255 / 61
Fat (g)	15.2	1.8
Sat. Fat (g)	8.6	1.0
Carbohydrate (g)	76.8	9.0
Sugars (g)	25.5	3.0
Protein (g)	26.2	3.1
Salt (g)	3.95	0.46

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk **8)** Egg **10)** Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Roast the Aubergine

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel).

Trim the **aubergines**, then slice into 1cm thick rounds. Lay them onto a baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer (use two baking trays if necessary).

When the oven is hot, roast on the top shelf until soft and golden, 15-20 mins. Turn halfway through.



Layer up your Parmigiana

Once thickened, spoon a **third** of the **tomato sauce** into an appropriately sized ovenproof dish and spread out in an even layer.

Lay a **third** of the **roasted aubergine slices** on top, then generously sprinkle with a **third** of the **hard Italian style cheese**. Repeat two more times with the remaining **sauce**, **aubergine** and **cheese - parmigiana** made!

Scatter over the **Cheddar**, then bake on the top shelf of your oven until golden, 8-10 mins.

Scan to get your exact PersonalPoints™ value



Cook your Mini Roasties

Meanwhile, pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.

While everything cooks, peel and grate the **garlic** (or use a garlic press). Halve any thick **broccoli stems** lengthways.



Bring on the Broccoli

While the **parmigiana** bakes, wash the **tomato sauce** pan and pop back on medium-high heat with a drizzle of **oil**.

Once hot, add the **Tenderstem®** and stir-fry until starting to char, 2-3 mins.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **broccoli** is tender, 4-5 mins.

Remove from the heat and season with **salt** and **pepper**.



Make your Tomato Sauce

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, stir in the **garlic** and cook for 1 min.

Add the **chopped tomatoes**, **veg stock paste**, **oregano**, **sugar** and **water for the sauce** (see pantry for both amounts) and stir together. Season with **salt** and **pepper**.

Bring to the boil, then reduce the heat and simmer until thickened, 8-10 mins.

Meanwhile, grate the **Cheddar cheese**.



Serve

When your **parmigiana** is ready, allow to stand for a couple of mins before serving.

Share between your plates and serve the **mini roasties** and **Tenderstem® broccoli** alongside.

Enjoy!