



Cheesy Ratatouille Pasta Bake

with Aubergine, Pepper and Charred Courgette

4

Classic Prep Time: 5-10 Minutes • Cook Time: 30-35 Minutes • 5 of your 5 a day • Veggie



Bell Pepper



Aubergine



Penne Pasta



Courgette



Garlic Clove



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Tomato Puree



Italian Style Herbs



Mozzarella

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, saucepan, colander, garlic press, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Aubergine**	1	2	2
Penne Pasta 13)	180g	270g	360g
Courgette**	1	1	2
Garlic Clove**	2	3	4
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Tomato Puree	30g	45g	60g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Mozzarella** 7)	1 ball	2 balls	2 balls

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2717 /649	377 /90
Fat (g)	13.8	1.9
Sat. Fat (g)	7.7	1.1
Carbohydrate (g)	98.6	13.7
Sugars (g)	29.7	4.0
Protein (g)	30.7	4.3
Salt (g)	3.57	0.49

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

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten

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.

Contact

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Roast the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.
Halve the **pepper** and discard the core and seeds.
Chop into 2cm chunks.

Trim the **aubergine**, then cut into roughly 2cm pieces and pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast the **aubergine** on the top shelf until soft and golden, 20-25 mins.

Halfway through, add the **pepper** to the same tray, drizzle with a little more **oil** and toss together. Cook for the remaining time, 10-12 mins.



Make your Tomato Sauce

Return the (now empty) frying pan to medium heat with a drizzle of **oil**. Once hot, add the **garlic** and stir-fry for 30 secs.

Stir in the **chopped tomatoes, veg stock paste, tomato puree, Italian style herbs, sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer, stirring occasionally, until thickened, 7-8 mins.



Pasta Time

Meanwhile, bring a large saucepan of **water** to the boil with ½ **tsp salt**.

When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Ready, Steady, Bake

While the **sauce** simmers, drain the **mozzarella** and tear into small pieces.

When everything's ready, stir the **roasted aubergine, pepper, charred courgette** and **cooked penne** into the **sauce**. Taste and season with **salt** and **pepper** if needed.

Transfer to an ovenproof dish and top with the **mozzarella**.

Bake on the top shelf of your oven until the **cheese** is bubbling and golden brown, 10-15 mins.



Char the Courgette

While the **pasta** cooks, trim the **courgette**, then quarter lengthways. Chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press).

Heat a large frying pan on high heat (no oil).

Once hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

Once cooked, season with **salt** and **pepper**, then transfer to a bowl.



Serve

Once the **pasta bake** is ready, spoon into your serving bowls and tuck in.

Enjoy!