



CHICKEN & AUBERGINE SPAGHETTI

with Tomato Sauce



HELLO AUBERGINE

Aubergine is a fruit but is always prepared and regarded as a vegetable.



Aubergine



Onion



Garlic Clove



Flat Leaf Parsley



Diced Chicken Breast



Plain Flour



Wheat Spaghetti



Tomato Passata



Chicken Stock Powder



Grated Italian Style Hard Cheese

25 mins

This recipe is simple yet wholly satisfying, making it perfect for those busy weeknights. Chicken and aubergine both have quite a neutral flavour before seasoning so they work great to enhance the tomato sauce without overpowering it. What really makes this a winning dish is the combination of fantastic flavours: silky aubergine, sweet tomato, and intense cheesy and garlicky goodness, it's a foolproof pasta dish.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Baking Tray**, **Mixing Bowl**, **Frying Pan**, **Large Saucepan** and **Measuring Jug**. Now, let's get cooking!



1 GET PREPPED

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



2 ROAST TIME!

Drizzle the **aubergine** with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat and make sure everything is in a single layer, then roast on the top shelf of your oven until the **aubergine** is golden brown and tender, 20-25 mins. Turn halfway through cooking.



3 FRY THE CHICKEN

Meanwhile, pop the **chicken** into a mixing bowl and add the **flour** and a pinch of **salt** and **pepper**. Toss to coat the **chicken** in the **flour**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Heat a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **chicken** and stir-fry until nicely browned on all sides, 6-7 mins. Remove the **chicken** to a bowl. Bring a large saucepan of **water** to the boil with a pinch of **salt**.



4 START THE SAUCE

Add a drizzle more **oil** if necessary to the now empty frying pan and add the **onion**. Cook stirring frequently, until the **onion** is nice and soft, 5-6 mins. Add the **garlic**, stir together and cook for 1 minute more. Meanwhile, add the **spaghetti** to the boiling **water** and simmer until tender, 8 mins. Once cooked, drain in a colander, pop back in the pan and drizzle with **oil** to stop it sticking together.



5 SIMMER THE SAUCE

Stir the **tomato passata**, **water** (see ingredients for amount), **stock powder**, a pinch of **sugar** and the **chicken** into the pan. Bring to the boil then reduce the heat and simmer, stirring frequently, until the **sauce** is reduced and thick and the **chicken** is cooked through, stirring occasionally, 7-8 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



6 FINISH AND SERVE

Once everything is cooked, add the **aubergine**, **half the parsley** and **half the cheese** to the **sauce** and stir. Add the drained **wheat spaghetti**, toss together until completely combined and piping hot. Remove from the heat. Add a splash of **water** if you feel it needs a bit of loosening up. Season to taste with **salt** and **pepper**, then serve in bowls. Finish with the remaining **cheese** and **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Aubergine *	1	1½	2
Onion *	1	1½	2
Garlic Clove *	2	3	4
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Diced Chicken Breast *	280g	420g	560g
Plain Flour 13)	8g	12g	16g
Wheat Spaghetti 13)	200g	300g	400g
Tomato Passata	1 carton	1½ cartons	2 cartons
Water*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Grated Italian Style Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 607G	PER 100G
Energy (kJ/kcal)	3075 / 735	507 / 121
Fat (g)	11	2
Sat. Fat (g)	6	1
Carbohydrate (g)	95	16
Sugars (g)	17	3
Protein (g)	59	10
Salt (g)	1.54	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 13) Gluten

Wheat Spaghetti. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 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.

👍 THUMBS UP OR THUMBS DOWN?

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