

Chorizo Aubergine Spaghetti

with Chilli and Sun-Dried Tomatoes





The Greek name for aubergine is 'melitzana' which means 'apple of madness'!





Onion

Flat Leaf Parsley





Garlic Clove

Sun-Dried Tomatoes







Wheat Spaghetti

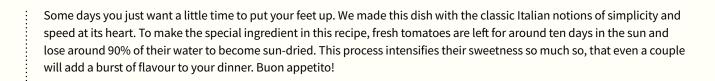
Finely Chopped Tomatoes



Diced Chorizo

30 mins 2 of your 5 a day Medium heat

• 3







START

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



PREP THE VEGGIES

Preheat your oven to 200 degrees. Put a large saucepan of water with a pinch of salt on to boil for the wheat spaghetti. Halve, peel and chop the **onion** into small pieces. Finely chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Finely chop the **sun-dried tomatoes**. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces.



GRILL THE AUBERGINE

Pop the **aubergine** on a baking tray and drizzle over a glug of **oil** and a pinch of **salt** and **pepper**. Toss to coat, arrange in a single layer then pop the tray on the top shelf of the oven. Cook the **aubergine** until soft and golden, 15-20 mins. Turn halfway through.



TSTART THE SAUCE

While the **aubergine** is cooking, heat a drizzle of **oil** in a frying pan on medium heat. Add the **onion**, **sun-dried tomatoes** and **chilli flakes** (add less **chilli flakes** if you don't like spicy food, these flakes are HOT) and cook, stirring, until the **onion** is soft, 5 mins. Add the **garlic** and **chorizo** and cook for a further 2 mins.

INGREDIENTS

	2P	3P	4P
Onion 🚸	1	2	2
Flat Leaf Parsley 🚸	1 bunch	1 bunch	1 bunch
Garlic Clove 🚸	2	3	4
Sun-Dried Tomatoes	30g	45g	60g
Aubergine 🚸	1	2	2
Chilli Flakes	a pinch	a pinch	a pinch
Wheat Spaghetti 13)	200g	300g	400g
Finely Chopped	1	1½	2
Tomatoes	carton	cartons	cartons
Diced Chorizo 🚸	60g	90g	120g

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 580G	PER 100G
Energy (kJ/kcal)	2711/648	468/112
Fat (g)	13	2
Sat. Fat (g)	4	1
Carbohydrate (g)	100	17
Sugars (g)	24	4
Protein (g)	28	5
Salt (g)	3.50	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

13) Gluten

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

Swash 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.

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The Fresh Farm 60 Worship St, London EC2A 2EZ

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4 COOK THE WHEAT SPAGHETTI Add the wheat spaghetti to your pan of boiling water and cook for 11 mins. Drain in a colander and return to the pan off the heat. Drizzle over a little **oil** to stop it sticking together.



5 SIMMER THE SAUCE Pour the finely chopped tomatoes into the chorizo mixture, together with a small pinch of sugar (if you have some) and some salt and pepper. Let the sauce simmer on medium heat until it is nice and thick, 5-10 mins. Once the sauce has thickened, stir in the aubergine.



6 Add the wheat spaghetti to the tomato and chorizo sauce along with the parsley. Stir to combine and serve in bowls. Enjoy!

You made this, no