



Chorizo & Roasted Aubergine Spaghetti

with Sun-Dried Tomato Sauce, Parsley and Cheese

Classic 35 Minutes • Mild Spice • 2 of your 5 a day

5



Flat Leaf Parsley



Garlic Clove



Aubergine



Chorizo



Chilli Flakes



Spaghetti



Finely Chopped Tomatoes with Onion and Garlic



Sun-Dried Tomato Paste



Chicken Stock Paste



Grated Hard Italian Style Cheese

Before you start

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

Cooking tools, you will need:

Saucepan, Baking Tray, Frying Pan, Colander and Garlic Press.

Ingredients

	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Aubergine**	1	2	2
Chorizo**	60g	90g	120g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Spaghetti 13	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Water for the Sauce*	50ml	75ml	100ml
Grated Hard Italian Style Cheese** 7) 8)	25g	40g	50g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	512g	100g
Energy (kJ/kcal)	2668 / 638	521 / 125
Fat (g)	17	3
Sat. Fat (g)	6	1
Carbohydrate (g)	87	17
Sugars (g)	19	4
Protein (g)	30	6
Salt (g)	4.93	0.96

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Prep the Veg

Preheat your oven to 200°C. Put a large saucepan of **water** with ½ **tsp salt** on to boil for the **pasta**. Roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces.



Cook the Pasta

When boiling, add the **spaghetti** to the **water** and bring back to the boil. Cook until tender, 8 mins. Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Roast the Aubergine

Pop the **aubergine** 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 on the top shelf until the **aubergine** is soft and golden, 20-25 mins. Turn halfway through.



Simmer the Sauce

Meanwhile, pour the **chopped tomatoes**, **sun-dried tomato paste**, **chicken stock paste** and **water for the sauce** (see ingredients for amount) into the **chorizo** pan. Add a pinch of **sugar** (if you have any) and season with **pepper**. Let the **sauce** simmer on medium heat until thickened, 5-10 mins. Once thickened, stir in the **aubergine**.



Start the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat (no oil). Add the **chorizo** and fry until it starts to brown, 3-4 mins. Add the **garlic** and **chilli flakes** (add less if you don't like heat). Cook, stirring, for 1 min.



Serve

Add the **parsley** and **cooked spaghetti** to the **tomato** and **chorizo sauce**. Stir and toss well to combine. Serve in bowls topped with the **cheese**.

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.