



# Grilled Aubergine Pasta

with Chilli, Chorizo and Sun-Dried Tomatoes



## HELLO AUBERGINE

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



Onion



Flat Leaf Parsley



Garlic Clove



Sun-Dried Tomatoes



Aubergine



Chilli Flakes



Chorizo



Spaghetti



Diced Tomatoes



Tomato Passata (3P Only)

MEAL BAG

30 mins

4 of your 5 a day

Medium heat

Some days you just want a little time to put your feet up. We made this dish with the classic Italian notions of simplicity and speed at its heart. To make the secret ingredient in this recipe, fresh tomatoes are left for around ten days in the sun and lose around 90% of their water to become sun-dried. This process intensifies their sweetness so much so, that even a couple will add a burst of flavour to your dinner. Buon appetito!

## BEFORE YOU 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!



### 1 PREP THE VEGGIES

Preheat your grill to high. Put a large saucepan of **water** with a pinch of **salt** on to boil for the pasta. Halve, peel and finely chop the **onion**. Finely chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Finely chop the **sun-dried tomatoes**. Remove the stalk top from the **aubergine**, halve it lengthways, cut into long strips, then chop widthways into 1cm chunks.



### 2 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 then spread out and put the tray on the shelf closest to the grill. Cook the **aubergine** until soft and crispy round the edges, 15-20 mins. **★ TIP:** *Keep an eye on the aubergine, if it looks like it is burning, turn the heat down slightly.*



### 3 START THE SAUCE

Whilst the aubergine is grilling, 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), cook until the **onion** is soft, 5 mins. Add the **garlic** and **chorizo** and cook for a further 2 mins.



### 4 COOK THE PASTA

Add the **spaghetti** to your pan of boiling water and cook for 11 mins or until 'al dente'. **★ TIP:** *'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.* 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 **diced tomatoes** (and **passata** if you're cooking for three people) 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 SERVE

Add the **pasta** to the **sauce** along with the **parsley**. If you're feeling up to the task, toss the ingredients together to mix them. If you don't fancy redecorating your kitchen, then you can always stir the ingredients instead. Serve in bowls. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	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	30g	40g
Aubergine	1	2	2
Chilli Flakes	a pinch	a pinch	a pinch
Chorizo	120g	120g	180g
Spaghetti 13)	180g	250g	360g
Diced Tomatoes	1 tin	1 tin	2 tins
Tomato Passata	-	1 carton	-

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 580G	PER 100G
Energy (kcal)	712	123
(kJ)	2979	514
Fat (g)	24	4
Sat. Fat (g)	9	1
Carbohydrate (g)	89	15
Sugars (g)	22	4
Protein (g)	34	6
Salt (g)	7.41	1.28

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

13) Gluten

**🧼** 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 between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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