



Penne Caponata

with Sausage and Parmesan



HELLO PARMESAN CHEESE

There are banks in Italy that accept maturing parmesan cheeses as collateral for loans!



Aubergine



Red Onion



Garlic Clove



Red Pepper



Pork Sausage



White Wine Vinegar



Diced Tomatoes



Penne



Green Olives



Parmesan Cheese

35 mins

3.5 of your 5 a day

Family Box

This recipe was inspired by our Patrick's love for all things Italian. Caponata is a classic Sicilian aubergine dish bursting with 'agrodolce' flavours - that's the Italian word for sweet and sour! But Patrick can't resist experimenting in the kitchen and has included some sausage in his caponata. Sicilians are notoriously protective of their recipes so let's make sure it stays our delicious little secret, OK?

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **220°C** and put a **Large Saucepan** of water with a pinch of salt on to boil for the pasta. Make sure you've also got a **Fine Grater** (or **Garlic Press**), **Baking Tray**, **Frying Pan**, **Colander** and **Coarse Grater**. Now, let's get cooking!



1 PREP THE VEGGIES

Slice the **aubergine** in half lengthways, then chop into 2cm cubes. Halve, peel and chop the **red onion** into roughly ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Halve, then remove the core from the **red pepper** and slice into 1cm wide strips.



2 ROAST THE VEGGIES

Spread the **aubergine** and **pepper** out on a baking tray. Drizzle over some **olive oil** and season with a pinch of **salt** and a grind of **black pepper**. Pop on the top shelf of your oven. Roast until soft and a little crispy around the edges, about 20 mins.



3 START THE CAPONATA

Put a glug of **olive oil** in a large frying pan on medium heat. Once hot, add the **onion** and **garlic**. Slice open the **sausage** and add the **meat** to your pan (discard the skin). Break it up with a wooden spoon and cook for 5 mins. Add the **white wine vinegar** to the pan and cook until almost evaporated.



4 SIMMER

Tip the **diced tomatoes** into your pan and then half fill the tin(s) with water and add this to the **caponata**. Season with **salt**, **black pepper** and a pinch of **sugar** (if you have some). Leave to simmer and thicken, 10-15 mins.



5 COOK THE PASTA

Add the **penne** to your pan of boiling water. Cook until 'al dente', about 6 mins.
★ **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.



6 COMBINE AND SERVE

Once the **aubergine** and **pepper** are ready, remove from your oven and stir into the **caponata** along with the **olives**. We like to leave our **olives** whole for contrast but chop them up if you'd like them to blend in, or leave out altogether if you're not a fan! Drain the **pasta** in a colander and combine with the **caponata**. Serve in big bowls and grate the **parmesan cheese** over the top. **Enjoy!**

4 PEOPLE INGREDIENTS

| | |
|----------------------------|--------|
| Aubergine, chopped | 2 |
| Red Onion, chopped | 2 |
| Garlic Clove, grated | 4 |
| Red Pepper, sliced | 2 |
| Pork Sausage 12) | 500g |
| White Wine Vinegar 12) | 3 tbsp |
| Diced Tomatoes | 2 tins |
| Penne 1) | 360g |
| Green Olives | 30g |
| Parmesan Cheese, grated 7) | 40g |

*Not Included

| NUTRITION | PER SERVING | PER 100G |
|------------------|-------------|----------|
| Energy (kcal) | 805 | 110 |
| (kJ) | 3366 | 458 |
| Fat (g) | 32 | 4 |
| Sat. Fat (g) | 12 | 2 |
| Carbohydrate (g) | 86 | 12 |
| Sugars (g) | 20 | 3 |
| Protein (g) | 39 | 5 |
| Salt (g) | 4.20 | 0.60 |

ALLERGENS

1)Gluten 7)Milk 12)Sulphites

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

