



Pork Stuffed Aubergine Parmigiana

with Mini Roasties and Balsamic Pea Shoot Salad

27

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Under 650 Calories



Potatoes



Garlic Clove



Aubergine



Pork Mince



Italian Style Herbs



Tomato Passata



Chicken Stock Paste



Grated Hard Italian Style Cheese



Panko Breadcrumbs



Pea Shoots



Balsamic Glaze

Pantry Items
Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, frying pan and tea towel.

Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Aubergine**	2	3	4
Pork Mince**	120g	180g	240g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp
Grated Hard Italian Style Cheese** (7) 8)	40g	65g	80g
Panko Breadcrumbs (13)	10g	25g	25g
Pea Shoots**	40g	80g	120g
Balsamic Glaze (14)	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	762g	100g
Energy (kJ/kcal)	2124 /508	279 /67
Fat (g)	15.0	2.0
Sat. Fat (g)	6.9	0.9
Carbohydrate (g)	64.1	8.4
Sugars (g)	19.4	2.6
Protein (g)	28	3.7
Salt (g)	1.89	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 8) Egg 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Make the Ragù

Stir the **garlic**, **Italian style herbs**, **passata**, **chicken stock paste** and **sugar for the sauce** (see ingredients for amount) into the **mince**.

Bring to the boil, then reduce the heat and simmer until the **sauce** is very thick, 5-7 mins, stirring occasionally. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

Meanwhile, pop the **hard Italian style cheese** and **breadcrumbs** into a medium bowl. Season with **salt** and plenty of **pepper**, mix well, then set aside.



Prep the Veg

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Halve the **aubergine** lengthways, keeping the stem attached. Score the flesh deeply (in a criss-cross pattern), taking care to not cut through the skin.

When the **potatoes** have been cooking for about 8 mins, pop the **aubergine** halves onto another baking tray, cut-side up. Drizzle with **oil** and season with **salt** and **pepper**, then roast on the top shelf for the remaining time until tender, 22-25 mins.



Stuff your Aubergines

Preheat your grill to high.

Using a tea towel, hold the stem of a **roasted aubergine half** with one hand, then use a spoon to gently scoop out the flesh whilst keeping the skin intact. Repeat for the other **halves**.

Roughly chop the **aubergine** flesh, then add to the **ragù**. Spoon the **ragù mixture** back into each **aubergine skin** so all **halves** are filled.

Sprinkle over the **cheesy breadcrumbs**, then grill until golden, 3-5 mins.



Fry the Pork

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **pork mince** and cook until browned, 5-6 mins.

Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Finish and Serve

When ready, transfer the **stuffed aubergine parmigiana** and **mini roasties** to your plates.

Serve the **pea shoot salad** alongside with the **balsamic glaze** drizzled over.

Enjoy!

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