



Ratatouille Pasta Bake

with a Cheesy Crumb

Classic 40 Minutes • 4 of your 5 a day • Veggie

21



Aubergine



Courgette



Bell Pepper



Penne Pasta



Garlic Clove



Provencal Herbs



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Tomato Puree



Cheddar Cheese



Mozzarella



Panko Breadcrumbs

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Saucepan, Colander, Frying Pan, Bowl, Garlic Press, Ovenproof Dish and Grater.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Courgette**	1	1	2
Bell Pepper***	1	2	2
Penne Pasta 13	180g	270g	360g
Garlic Clove	2	3	4
Provençal Herbs	½ sachet	¾ sachet	1 sachet
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Tomato Puree	1 sachet	1 sachet	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Cheddar Cheese 7 **	30g	45g	60g
Mozzarella 7 **	1 ball	2 balls	2 balls
Panko Breadcrumbs 13	25g	35g	50g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	753g	100g
Energy (kJ/kcal)	3347 / 800	444 / 106
Fat (g)	22	3
Sat. Fat (g)	14	2
Carbohydrate (g)	106	14
Sugars (g)	29	4
Protein (g)	39	5
Salt (g)	3.54	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 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.

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1 Prep

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Once the oven is hot, pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer and roast on the top shelf of your oven until the **aubergine** is soft and golden, 20-25 mins. Turn halfway through cooking. Meanwhile, trim the **courgette**, then slice into roughly 1cm rounds. Halve the **bell pepper** and discard the core and **seeds**. Chop into 2cm sized chunks.



4 Sauce Time

Peel and grate the **garlic** (or use a garlic press). Return the pan to a medium-high heat with a drizzle of **oil**. Once hot, add the **bell pepper** and cook, stir-frying until tender, 7-8 minutes. Once cooked, add the charred **courgette**, **garlic** and **Provençal herbs**. Cook, stirring frequently, for 1 min. Add the **chopped tomatoes**, **vegetable stock paste**, **tomato puree** and **water** (see ingredients for amount). Stir and bring to the boil. Cook, stirring occasionally until thickened slightly, 7-8 mins.



2 Pasta Time

Bring a saucepan of **water** up to the boil with ½ tsp **salt** for the **penne**. When boiling, add the **penne** to the **water** and cook until tender, 12 mins. Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



5 Finish Off

Meanwhile, grate the **Cheddar**. Drain the **mozzarella** and shred into small pieces. Once the **sauce** is ready, add the **aubergine** and stir to combine. Mix through the **penne** and transfer into an oven-proof dish. Sprinkle over the **mozzarella**, **grated Cheddar** and **panko breadcrumbs**. Pop onto the top shelf of your oven and bake until bubbling hot and golden brown, 10-15 mins.



3 Char the Courgette

Heat a large frying pan on high heat (no oil). When hot, add the **courgette** and cook until nicely charred, 4-6 mins. Turn only every couple of minutes - this will result in the **courgettes** picking up some nice colour. Once cooked, season with **salt** and **pepper** and transfer to a chopping board. Roughly chop then place into a bowl.



6 Time to Serve

Once the **pasta** bake is ready, carefully share between your plates.

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.