



Roasted Pepper and Aubergine Linguine

with Walnuts and Chives

RAPID 20 Minutes • 1.5 of your 5 a day • Veggie

N° 16



Aubergine



Red Pepper



Linguine



Sundried Tomatoes



Garlic Clove



Chives



Tomato Puree



Finely Chopped
Tomatoes with Basil



Hard Italian
Style Cheese



Walnuts

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Baking Tray, Measuring Jug, Fine Grater (or Garlic Press) and Large Frying Pan.

Ingredients

	2P	3P	4P
Aubergine**	1	1	2
Red Pepper**	1	1	2
Linguine 13)	200g	300g	400g
Sundried Tomatoes	1 small pack	1 large pack	1 large pack
Boiling Water for the Sundried Tomatoes*	50ml	75ml	100ml
Garlic Clove**	1 clove	1 clove	2 clove
Chives**	1 bunch	1 bunch	1 bunch
Tomato Puree	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Hard Italian Style Cheese 7) 8)**	1 pack	1½ packs	2 packs
Walnuts 2)	1 small pot	1 large pot	1 large pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	595g	100g
Energy (kJ/kcal)	2839 /679	478 /114
Fat (g)	14	2
Sat. Fat (g)	6	1
Carbohydrate (g)	103	17
Sugars (g)	28	5
Protein (g)	29	5
Salt (g)	3.51	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 8) Egg 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Roast

a) Preheat your oven to 220°C. Bring a large saucepan of **water** to the boil with ¼ tsp of **salt** for the **pasta**.

b) Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces.

c) Halve the **pepper** and discard the core and seeds and chop into 2cm pieces.

d) Pop both onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, spread out and roast on the top shelf until soft, 15-18 mins.



4. Cook the Sauce

a) Heat a drizzle of **oil** in a large frying pan on medium heat. When hot, add the **garlic** and cook, stirring, for 30 seconds.

b) Stir in the **tomato puree**, followed by the **finely chopped tomatoes, sundried tomatoes** and **soaking water**.

c) Bring to the boil, then reduce the heat and simmer until thick and tomatoey, 4-5 mins.



2. Cook the Pasta

a) Add the **linguine** to the pan of boiling **water**, cook for 12 mins, then drain in a colander.

b) Pop back into the pan, drizzle with **oil** and stir through to stop it sticking together.



5. Finish up

a) When they are ready, combine the **roasted veggies, cooked pasta** and **sauce** in whichever pan is the largest.

b) Stir in **half** the **chives** and **half** the **hard Italian style cheese**. **TIP:** Add a splash more water if it seems a bit dry!

c) Season to taste with **salt** and **pepper** if needed.



3. Prep

a) Meanwhile, fill and boil your kettle.

b) Roughly chop the **sundried tomatoes** and pop them in a jug. Pour in the boiling **water** (see ingredients for amount), stir and set aside.

c) Peel and grate the **garlic** (or use a garlic press if you have one).

d) Finely chop the **chives** (or use scissors).



6. Serve

a) Serve in big bowls.

b) Finish with the **walnuts** and a sprinkling of the remaining **chives** and **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.