



# Roasted Pepper and Aubergine Linguine with Walnuts and Chives

**Rapid** 20 Minutes • 1.5 of your 5 a day • Veggie

16



Aubergine



Bell Pepper



Linguine



Garlic Clove



Chives



Tomato Purée



Finely Chopped  
Tomatoes with Basil



Vegetable  
Stock Powder



Sundried  
Tomato Paste



Grated Hard Italian  
Style Cheese



Walnuts

## Before you start

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

## Cooking tools, you will need:

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

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Bell Pepper***	1	1	2
Linguine <b>13</b> )	200g	300g	400g
Garlic Clove**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Tomato Purée	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder <b>10</b> )	1 sachet	2 sachets	2 sachets
Sundried Tomato Paste	1 sachet	2 sachets	2 sachets
Water*	50ml	75ml	100ml
Grated Hard Italian Style Cheese <b>7) 8)</b> **	1 pack	1½ packs	2 packs
Walnuts <b>2)</b>	1 small pot	1 large pot	1 large pot

\*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	604g	100g
Energy (kJ/kcal)	2920/698	484/116
Fat (g)	15	3
Sat. Fat (g)	5	1
Carbohydrate (g)	104	17
Sugars (g)	26	4
Protein (g)	29	5
Salt (g)	3.23	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**2)** Nut **7)** Milk **8)** Egg **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.


## Contact

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## 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. Chop into 2cm pieces.

**d)** Pop both onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**.

**e)** Toss to coat, spread out and roast on the top shelf until soft, 15-18 mins.



## 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 purée**, followed by the **finely chopped tomatoes**, **vegetable stock powder**, **sundried tomato paste** and **water** (see ingredients for amount).

**c)** Add a pinch of **sugar** and season with **salt** and **pepper**.

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



## Cook the Pasta

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

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



## 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.



## Prep

**a)** Meanwhile, peel and grate the **garlic** (or use a garlic press if you have one).

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



## Serve

**a)** Serve in bowls.

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

## Enjoy!