



# Roasted Pepper and Aubergine Linguine with Walnuts and Chives

Rapid 20 Minutes • 3 of your 5 a day • Veggie

18



Aubergine



Bell Pepper



Linguine



Garlic Clove



Chives



Tomato Puree



Finely Chopped  
Tomatoes with Basil



Vegetable Stock  
Paste



Sun-Dried 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, Baking Tray, Colander, Garlic Press and Frying Pan.

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Bell Pepper***	1	1	2
Linguine <b>13)</b>	180g	270g	360g
Garlic Clove**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Tomato Puree	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	65g	80g
Walnuts <b>2)</b>	20g	40g	40g

\*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	595g	100g
Energy (kJ/kcal)	2682/641	451/108
Fat (g)	16	3
Sat. Fat (g)	5	1
Carbohydrate (g)	97	16
Sugars (g)	24	4
Protein (g)	26	4
Salt (g)	3.70	0.62

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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HelloFresh UK

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## Roast

**a)** Preheat your oven to 220°C. Bring a large saucepan of **water** to the boil with  $\frac{1}{4}$  **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 **veg** 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.



## 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**, **vegetable stock paste**, **sun-dried 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, 4-5 mins.



## Cook the Pasta

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

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



## Mix the Veg

**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.

**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.



## Prep

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

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



## Finish and Serve

**a)** Serve in bowls.

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

## Enjoy!