



Roasted Courgette and Aubergine Linguine with Walnuts and Chives

Classic 20 Minutes • 1 of your 5 a day

18



Aubergine



Courgette



Linguine



Garlic Clove



Chives



Tomato Puree



Finely Chopped Tomatoes with Basil



Vegetable Stock Powder



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Walnuts



Chorizo



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Cooking tools, you will need:

Saucepan, Baking Tray, Colander, Garlic Press, Frying Pan

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Courgette***	1	1	2
Linguine 13)	200g	300g	400g
Garlic Clove**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Tomato Puree	1 sachet	1 sachet	2 sachet
Finely Chopped Tomatoes with Basil	1 carton	1½ carton	2 carton
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Water*	50ml	75ml	100ml
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g
Walnuts 2)	20g	40g	40g
 Chorizo**	60g	90g	120g

*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	630g	100g
Energy (kJ/kcal)	2907 /695	461 /110
Fat (g)	16	3
Sat. Fat (g)	5	1
Carbohydrate (g)	103	16
Sugars (g)	28	4
Protein (g)	30	5
Salt (g)	3.39	0.54

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	660g	100g
Energy (kJ/kcal)	3385 /809	513 /123
Fat (g)	25	4
Sat. Fat (g)	8	1
Carbohydrate (g)	103	16
Sugars (g)	28	4
Protein (g)	38	6
Salt (g)	4.85	0.73

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.

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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1



Roast

Preheat your oven to 220°C. Bring a large saucepan of **water** to the boil with ¼ tsp of **salt** for the **pasta**. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Trim the **courgette** then halve lengthways. Thinly slice widthways into 2cm thick half moons. 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 of your oven until soft, 15-18 mins.

2



Cook the pasta

Add the **linguine** to the pan of **boiling water** and cook until tender, 12 mins then drain in a colander. Pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.

3



Prep

Meanwhile, peel and grate the **garlic** (or use a **garlic press**). Finely chop the **chives** (or use scissors).

4



Cook the Sauce

Heat a drizzle of **oil** in a large frying pan on medium heat. When hot, add the **garlic** and cook, stirring, for 30 seconds. Stir in the **tomato puree**, followed by the **finely chopped tomatoes**, **vegetable stock powder**, **sun-dried tomato paste** and **water** (see ingredients for amount). Add a **pinch** of **sugar** and season with **salt** and **pepper**. Bring to the boil, then reduce the heat and simmer until thick and tomatoey, 4-5 mins.

5



Finish up

When they are ready, combine the **roasted veggies**, **cooked pasta** and **sauce** in whichever pan is the largest. Stir in **half the chives** and **half the hard Italian style cheese**. **TIP:** Add a splash more water if it seems a bit dry! Season to taste with **salt** and **pepper** if needed.

6



Serve

Serve in bowls. Finish with the **walnuts** and a sprinkling of the remaining **chives** and **cheese**.

Enjoy!



CUSTOM RECIPE

If you've added **chorizo** to your meal, add to the pan before you add the **garlic**, **tomato puree** etc. Fry until the **chorizo** is golden, 2-3 mins, add the **garlic**, cook for 30 seconds stirring frequently. Continue with the rest of the step and recipe as instructed.