



Roasted Pepper and Aubergine Linguine with Pine Nuts and Chives

Rapid 20 Minutes • 3 of your 5 a day

17



Aubergine



Bell Pepper



Linguine



Garlic Clove



Chives



Pine Nuts



Finely Chopped Tomatoes with Basil



Vegetable Stock Paste



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar

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.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, baking tray, colander, garlic press, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Bell Pepper***	1	1	2
Linguine 13	180g	270g	360g
Garlic Clove**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Pine Nuts	15g	22g	30g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style Cheese** 7 8	40g	65g	80g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*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

Typical Values	Per serving	Per 100g
for uncooked ingredient	579g	100g
Energy (kJ/kcal)	2598/621	449/107
Fat (g)	14.5	2.5
Sat. Fat (g)	4.9	0.8
Carbohydrate (g)	92.6	16.0
Sugars (g)	24.8	4.3
Protein (g)	25.9	4.5
Salt (g)	3.68	0.64
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	624g	100g
Energy (kJ/kcal)	3315/792	531/127
Fat (g)	28.5	4.6
Sat. Fat (g)	9.8	1.6
Carbohydrate (g)	92.8	14.9
Sugars (g)	24.8	4.0
Protein (g)	25.0	6.0
Salt (g)	5.86	0.94

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8**) Egg **10**) Celery **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Ready to Roast

a) Preheat your oven to 240°C/220°C fan/gas mark 9. Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **pasta**.

b) Trim the **aubergine**, then cut 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, then spread out and roast on the top shelf until soft, 15-18 mins. Turn halfway through.



Simmer the Sauce

a) Pop your pan back on medium heat and add a drizzle of **oil**. Once hot, add the **garlic** and cook, stirring, for 30 secs.

b) Stir in the **finely chopped tomatoes, vegetable stock paste, sun-dried tomato paste, sugar** and **water for the sauce** (see ingredients for both amounts). Season with **salt** and **pepper**.

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

CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, add to the pan before you add the **garlic** and fry until it starts to brown, 3-4 mins. Add the **garlic** and continue with the recipe as instructed.



Cook the Linguine

a) While the veg roasts, add the **linguine** to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

b) Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Mix in the Veg and Pasta

a) Once cooked, combine the **roasted veg, cooked pasta** and **sauce** in whichever pan is the largest.

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

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



Prep Time

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

b) Finely chop the **chives** (use scissors if easier).

c) Heat a large frying pan on medium heat (no oil). Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily.

d) Transfer the **pine nuts** to a bowl and set aside.



Finish and Serve

a) When everything is ready, serve your **roasted pepper and aubergine linguine** in bowls.

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

Enjoy!