



Sicilian-Style Penne Caponata

with Sausage Meat & Aubergine

CLASSIC 30 Minutes • 2 of your 5 a day



Aubergine



Red Onion



Red Pepper



Pork Sausage Meat



Cider Vinegar



Whole Peeled Tomatoes



Chicken Stock Powder



Wheat Penne Pasta



Olives



Grated Italian Style Hard Cheese

Before you start

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

Basic cooking tools you will need:

Large Saucepan, some Baking Paper, two Baking Trays, Frying Pan, Measuring Jug and a Colander.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Red Onion**	1	1	2
Red Pepper**	1	2	2
Pork Sausage Meat 13) 14)**	225	340	450
Cider Vinegar 14)	1	1.5	2
Whole Peeled Tomatoes	1 tin	1½ tins	2 tins
Chicken Stock Powder	1	1.5	2
Water for the Sauce*	100	150	200
Wheat Penne Pasta 13)	200	300	400
Olives**	1	1.5	2
Grated Italian Style Hard Cheese 7) 8)**	1	1.5	2

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	558g	100g
Energy (kJ/kcal)	3479 /832	623 /149
Fat (g)	31	6
Sat. Fat (g)	12	2
Carbohydrate (g)	95	17
Sugars (g)	17	3
Protein (g)	42	8
Salt (g)	3.28	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten 14) Sulphites

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

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1. Do the Prep

Preheat your oven to 220°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Halve, peel and chop the **red onion** into small pieces. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Put a large saucepan of **water** with ½ tsp of **salt** on to boil for the **pasta**.



4. Simmer

Pour the **whole peeled tomatoes** into your pan along with the **chicken stock powder** and **water** (see ingredients for amount). Season with **salt**, **pepper** and a pinch of **sugar** (if you have some). Use a spoon to break up the **tomatoes**, then stir together and leave to simmer and thicken, 10-15 mins. Stir every few mins.



2. Roast the Veggies

Spread the **aubergine** and **pepper** out on a baking tray. Drizzle over some **oil** and season with **salt** and **pepper**. Roast on the top shelf of your oven until soft and a little crispy around the edges, 15-20 mins, turning halfway through.



5. Cook the Pasta

Meanwhile, add the **penne** to your pan of boiling **water**. Cook for 12 mins then drain in a colander, return to the pan, off the heat and drizzle with a little **oil** to stop it from sticking.



3. Start the Caponata

Heat a splash of **oil** in a frying pan on medium heat. Once hot, add the **sausage meat**. Cook until browned, 5-6 mins, break it up with a wooden spoon as it cooks. Add the **onion** to the **sausage meat**, stir together and cook until the **onion** has softened, 4-5 mins. **IMPORTANT:** The **sausage meat** is cooked when it is no longer pink in the middle. Add the **cider vinegar** and cook until almost evaporated.



6. Combine and Serve

Once the **aubergine** and **pepper** are ready, remove from your oven and stir into the **tomato sauce** along with the **olives**. We like to leave our **olives** whole for texture but chop them up if you'd like to, or leave them out altogether if you're not a fan! Stir the **pasta** into the **Caponata**. Serve in big bowls and sprinkle the **hard Italian style cheese** over the top.

Buon appetito!

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.