



# Sicilian-Style Pork Caponata

with Aubergine



## HELLO AUBERGINE

Botanically, aubergine is a berry- however, culinary it is a vegetable! It is a species of nightshade and is closely related to the tomato and potato.



Aubergine



Red Onion



Red Pepper



Pork Sausage Meat



White Wine Vinegar



Finely Chopped Tomatoes with Onion



Wheat Penne



Italian Style Grated Hard Cheese



Olives

MEAL BAG 3

35 mins

3.5 of your 5 a day

This recipe was inspired by our Patrick's love for all things Italian. Caponata is a classic Sicilian aubergine dish bursting with 'agrodolce' flavours - that's the Italian word for sweet and sour! But Patrick can't resist experimenting in the kitchen and has included some sausage in his caponata. Sicilians are notoriously protective of their recipes, so let's make sure it stays our delicious little secret, OK?

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, some **Baking Paper**, two **Baking Trays**, **Frying Pan**, **Measuring Jug** and a **Colander**. Now, let's get cooking!



### 1 DO THE PREP

Preheat your oven to 220°C. Trim the **aubergine** and 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 a pinch of **salt** on to boil for the pasta.



### 2 ROAST THE VEGGIES

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



### 3 START THE CAPONATA

Heat a splash of **oil** in a frying pan on medium heat. Once hot, add the **onion** and cook until starting to soften, stirring, 3 mins. Add the **sausage meat**. Break it up with a wooden spoon and cook until slightly browned, 5 mins. Add the **white wine vinegar** and cook until almost evaporated. **! IMPORTANT:** *The sausage meat is cooked when it is no longer pink in the middle.*



### 4 SIMMER

Pour the **chopped tomatoes** into the pan along with the **water** (see ingredients for amount). Season with **salt**, **pepper** and a pinch of **sugar** (if you have some). Leave to simmer and thicken, 10-15 mins.



### 5 COOK THE WHEAT PASTA

Meanwhile, add the **wheat penne** to your pan of boiling **water**. Cook for 10 mins then drain in a colander, return to the pan off the heat and drizzle with a little **oil** to stop it from sticking.



### 6 COMBINE AND SERVE

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

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Aubergine *	1	1	2
Red Onion *	1	1½	2
Red Pepper *	1	2	2
Pork Sausage Meat 14) *	246g	370g	493g
White Wine Vinegar 14)	2 sachets	3 sachets	4 sachets
Finely Chopped Tomatoes with Onion	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Wheat Penne 13)	200g	300g	400g
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Olives	1 pouch	1½ pouches	2 pouches

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 781G	PER 100G
Energy (kJ/kcal)	4021 / 961	515 / 123
Fat (g)	36	5
Sat. Fat (g)	13	2
Carbohydrate (g)	107	14
Sugars (g)	27	4
Protein (g)	49	6
Salt (g)	4.69	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

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

**Wheat Penne. Ingredients:** Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### THUMBS UP OR THUMBS DOWN?

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