



Sicilian-Style Penne Caponata

with Sausage Meat & Aubergine

CLASSIC 30 Minutes • 2 of your 5 a day

N° 3



Aubergine



Red Onion



Red Pepper



Pork Sausage Meat



Cider Vinegar



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Powder



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, Baking Tray, Frying Pan, Measuring Jug and Colander.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Red Onion**	1	1	2
Red Pepper**	1	1	2
Pork Sausage Meat 13) 14)**	225g	340g	450g
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Penne Pasta 13)	200g	300g	400g
Olives**	1 pouch	1½ patches	2 patches
Grated Italian Style Hard Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	753g	100g
Energy (kJ/kcal)	3805/910	505/121
Fat (g)	31	4
Sat. Fat (g)	12	2
Carbohydrate (g)	107	14
Sugars (g)	28	4
Protein (g)	45	6
Salt (g)	5.04	0.67

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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 **chopped 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). 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. Turn 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, breaking it up with a wooden spoon as it cooks. **IMPORTANT:** *The sausage meat is cooked when it is no longer pink in the middle.* Add the **onion** to the **sausage meat**, stir together and cook until the **onion** has softened, 4-5 mins. 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 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.

Enjoy!

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.