



# Sun-Dried Tomato and Aubergine Filled Pasta

with Creamy Tomato and Feta Sauce, Broccoli and Walnuts

N° 12

**EXTRA RAPID** 10 Minutes



Tenderstem Broccoli®



Feta Cheese



Half Fat  
Creme Fraiche



Olive and Caper  
Tomato Sauce



Filled Sundried  
Tomato and  
Aubergine Cappellacci



Walnuts

## Before you start

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

### Basic cooking tools, you will need:

Two Saucepans and Colander.

### Ingredients

	2P	3P	4P
Tenderstem Broccoli 8***	1 small pack	1 large pack	2 small packs
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Half Fat Creme Fraiche 7)**	150g	225g	300g
Olive and Caper Tomato Sauce	1 pouch	1½ pouches	2 pouches
Filled Sundried Tomato and Aubergine Cappellacci 7) 8) 13)	1 pack	1½ packs	2 packs
Walnuts 2)	1 bag	1 bag	1 bag

\*Not Included

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	405g	100g
Energy (kJ/kcal)	2925 / 699	722 / 173
Fat (g)	42	10
Sat. Fat (g)	21	5
Carbohydrate (g)	50	12
Sugars (g)	14	3
Protein (g)	27	7
Salt (g)	2.38	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

2) Nut 7) Milk 8) Egg 13) Gluten

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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## 1. Get Started!

- Bring a large pan of **water** to the boil with ½ tsp of **salt**.
- Chop the **broccoli** into thirds widthways.
- Crumble the **feta** into chunks.

## 2. Make the Sauce!

- Pop the **creme fraiche**, **tomato sauce** and **half the feta** into a saucepan and season with **salt** and **pepper**.
- Cook, stirring, on a medium heat until the **feta** has melted and the **sauce** is piping hot, 2-3 mins.
- Taste and add more **salt** and **pepper** if you like.

## 3. Finish and Serve

- Add the **broccoli** and **pasta** to the pan of boiling **water** and cook for 4 mins.
- Once cooked, drain in a colander then carefully stir the **pasta** and **broccoli** through the **sauce**, making sure not to break the **pasta** up.
- Divide this between plates and top with the remaining **feta** and **walnuts**.

Enjoy!