



Two Cheese Ratatouille Pasta Bake

with Aubergine, Courgette and Charred Pepper

Classic 40 Minutes • 4 of your 5 a day

19



Aubergine



Bell Pepper



Penne Pasta



Courgette



Garlic Clove



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Tomato Puree



Italian Style Herbs



Mature Cheddar Cheese



Mozzarella



Panko Breadcrumbs



Bacon Lardons



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

Cooking tools

Baking tray, saucepan, colander, garlic press, frying pan, bowl, grater and ovenproof dish.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Bell Pepper***	1	2	2
Penne Pasta 13	180g	270g	360g
Courgette**	1	1	2
Garlic Clove**	2	3	4
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Tomato Puree	1 sachet	1 sachet	2 sachets
Italian Style Herbs	1 sachet	2 sachets	2 sachets
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml
Mature Cheddar Cheese** 7	30g	45g	60g
Mozzarella** 7	1 ball	2 balls	2 balls
Panko Breadcrumbs 13	25g	35g	50g
Bacon Lardons**	90g	120g	180g

*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

	Per serving	Per 100g
for uncooked ingredient	753g	100g
Energy (kJ/kcal)	3314 / 792	440 / 105
Fat (g)	22	3
Sat. Fat (g)	14	2
Carbohydrate (g)	104	14
Sugars (g)	27	4
Protein (g)	38	5
Salt (g)	3.51	0.47
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	797g	100g
Energy (kJ/kcal)	3785 / 905	475 / 114
Fat (g)	32	4
Sat. Fat (g)	17	2
Carbohydrate (g)	104	13
Sugars (g)	26	3
Protein (g)	46	6
Salt (g)	4.74	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) 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 Prepped

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt and pepper** then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the top shelf until soft and golden, 20-25 mins. Halfway through, add the **pepper** to the **aubergine**, drizzle with **oil** and toss together. Cook for the remaining time.



Simmer the Sauce

Return the (now empty) frying pan to medium heat with a drizzle of **oil**. Add the **garlic** and stir-fry for 30 secs. Stir in the **chopped tomatoes, vegetable stock paste, tomato puree, Italian style herbs, sugar and water for the sauce** (see ingredients for both amounts). Bring to the boil then reduce the heat and simmer, stirring occasionally, until thickened, 7-8 mins.

CUSTOM RECIPE

If you've chosen to add **bacon** to your meal, add to your pan before you add the **garlic**. Stir-fry until golden, 4-5 mins, then continue with the step as instructed. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.**



Pasta Time

Meanwhile, bring a large saucepan of **water** to the boil with **½ tsp salt**. When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins. Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Finish Off

While the **sauce** simmers, grate the **Cheddar**. Drain the **mozzarella** and tear into small pieces. Once everything is ready, stir the **roasted aubergine, pepper, courgette and cooked penne** into the **sauce**. Taste and season with **salt and pepper** if needed. Transfer to an ovenproof dish and top with the **mozzarella, Cheddar and panko breadcrumbs**. Pop onto the top shelf of your oven and bake until the **cheese** is bubbling and golden brown, 10-15 mins.



Char the Courgette

While the **pasta** cooks, trim the **courgette**, then quarter it lengthways. Cut each quarter widthways into 2cm pieces. Peel and grate the **garlic** (or use a garlic press). Heat a large frying pan on high heat (no oil). When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour. Once cooked, season with **salt and pepper**, then transfer to a bowl.



Time to Serve

Once the **pasta bake** is ready, spoon into your serving bowls and tuck in.

Enjoy!