



# Veggie Bolognese

with Rigatoni, Aubergine and Olives

**Classic** 35 Minutes • 2 of your 5 a day • Veggie

22



Aubergine



Black Olives



Baby Plum Tomatoes



Flat Leaf Parsley



Echalion Shallot



Garlic Clove



Brown Lentils



Rigatoni Pasta



Italian Style Herbs



Sun-Dried Tomato Paste



Finely Chopped Tomatoes



Red Wine Stock Paste



Grated Hard Italian Style Cheese

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Saucepan, Garlic Press, Sieve, Colander and Frying Pan.

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Black Olives	30g	45g	60g
Baby Plum Tomatoes	125g	190g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Echalion Shallot**	1	1	2
Garlic**	2	3	4
Brown Lentils	1 carton	1½ cartons	2 cartons
Rigatoni Pasta <b>13</b>	180g	270g	360g
Italian Style Herbs	1 pot	1 pot	1 pot
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14</b>	1 sachet	1 sachet	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	60g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>730g</b>	<b>100g</b>
Energy (kJ/kcal)	3218 /769	441 /105
Fat (g)	19	3
Sat. Fat (g)	6	1
Carbohydrate (g)	110	15
Sugars (g)	26	4
Protein (g)	31	4
Salt (g)	3.92	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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Packed in the UK

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## Roast the Aubergine

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into 4 long strips then chop widthways into roughly 1cm pieces. Pop the **aubergine** pieces onto a large baking tray (use two if necessary) and drizzle with **oil**. Toss to coat then spread out and roast on the top shelf of your oven until soft and golden, 20-25 mins. Turn halfway through.



## Prep the Veg

Meanwhile, bring a medium saucepan of **water** up to the boil with **½ tsp salt** for the **pasta**. Chop the **olives** into small pieces. Quarter the **baby plum tomatoes**. Roughly chop the **parsley** (stalks and all). Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **lentils** in a sieve. When the **water** is boiling, add the **rigatoni** 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.



## Start the Sauce

While the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **shallot** to the pan and fry until softened, 3-4 mins. Add in the **garlic**, **Italian style herbs**, **sun-dried tomato paste** and the **sugar** (see ingredients for amount). Stir through and cook for 1 min.



## Finish the Sauce

Pour the **chopped tomatoes**, **red wine stock paste**, **lentils** and **water for the sauce** (see ingredients for amount) into the **shallot** pan. Bring to the boil and stir to combine. Simmer until starting to thicken, 5-6 mins.



## Make the Salsa

Meanwhile, put the **olives**, **half the plum tomatoes** and **half the parsley** in a small bowl along with the **olive oil** (see ingredients for amount). Season with **pepper** and stir together.



## Finish and Serve

Add the remaining **plum tomatoes** and **roasted aubergine** to the pan. Stir together and simmer for a further 3-4 mins, then season to taste with **salt** and **pepper** if needed. Add the **drained pasta** and remaining **parsley** to the **sauce**, then stir to combine. Divide among plates and top with a sprinkle of **hard Italian style cheese** and a spoonful of **salsa**.

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.