



Veggie Rigatoni Bolognese

with Aubergine and Olives

CLASSIC 30 Minutes • 2 of your 5 a day • Veggie

Nº 23



Aubergine



Olives



Baby Plum Tomatoes



Flat Leaf Parsley



Echalion Shallot



Garlic



Lentils



Rigatoni



Italian Herbs



Sun-Dried Tomato Paste



Chopped Tomatoes with Basil



Red Wine Stock Pot



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:

Baking Tray, Saucepan, Fine Grater (or Garlic Press), Sieve, Colander, Frying Pan and Measuring Jug

Ingredients

| | 2P | 3P | 4P |
|--|----------------|----------------|----------------|
| Aubergine** | 1 | 2 | 2 |
| Olives** | 30g | 45g | 60g |
| Baby Plum Tomatoes | 1 small punnet | 1 large punnet | 1 large punnet |
| Flat Leaf Parsley** | 1 bunch | 1 bunch | 1 bunch |
| Echalion Shallot** | 1 | 1 | 2 |
| Garlic** | 2 cloves | 3 cloves | 4 cloves |
| Lentils | 1 carton | 1½ cartons | 2 cartons |
| Rigatoni 13 | 200g | 300g | 400g |
| Italian Herbs | ½ pot | ¾ pot | 1 pot |
| Sun-Dried Tomato Paste | 1 sachet | 2 sachets | 2 sachets |
| Chopped Tomatoes with Basil | 1 carton | 1½ cartons | 2 cartons |
| Red Wine Stock Pot 14 | 1 pot | 1 pot | 2 pots |
| Water for the Sauce* | 50ml | 75ml | 100ml |
| Olive Oil for the Salsa* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Grated Italian Style Hard Cheese 7) 8) ** | 1 pack | 1½ packs | 2 packs |

*Not Included ** Store in the Fridge

Nutrition

| for uncooked ingredient | Per serving | Per 100g |
|-------------------------|-------------|----------|
| | 853g | 100g |
| Energy (kJ/kcal) | 3801/909 | 446/107 |
| Fat (g) | 21 | 2 |
| Sat. Fat (g) | 6 | 1 |
| Carbohydrate (g) | 130 | 15 |
| Sugars (g) | 26 | 3 |
| Protein (g) | 38 | 5 |
| Salt (g) | 5.40 | 0.63 |

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, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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.



HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ
You can recycle me!

Packed in the UK



1. 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 (you may need to spread across two trays), 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, turning halfway.



4. Finish Off the Sauce

Pour the **chopped tomatoes** with **basil**, **red wine stock pot**, **lentils** and **water** (see ingredients for amount) into the **shallot** pan, bring to the boil, stir to dissolve the **stock pot**. Simmer until starting to thicken, 5-6 mins.



2. Prep the Veg

Meanwhile bring a 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 boiling, add the **rigatoni** and cook until tender, 12 mins. Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



5. 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.



3. 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 herbs**, **sundried tomato paste** and a pinch of **sugar**, stir through and cook for 1 minute.



6. Finish and Serve

Add the remaining **plum tomatoes** and **roasted aubergine** to the **sauce**. Stir together and simmer for a further 3-4 mins, then taste and add **salt** and **pepper** if you feel it needs it. Add the **drained pasta** and remaining **parsley** to the **sauce** and stir to combine. Divide among plates and top with a sprinkle of **hard Italian 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.