



Veggie Rigatoni Bolognese with Aubergine and Olives

Classic 30 Minutes • 2 of your 5 a day

N° 18



Aubergine



Black Olives



Baby Plum Tomatoes



Flat Leaf Parsley



Echalion Shallot



Garlic



Brown Lentils



Rigatoni Pasta



Italian Herbs



Sun-Dried Tomato Paste



Chopped Tomatoes



Red Wine Stock Paste



Grated Hard Italian Style Cheese



Chorizo



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.

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, Frying Pan, Measuring Cup, Measuring Spoon, Small Bowl.

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 13	200g	300g	400g
Italian Herbs	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14	1 sachet	1 sachet	2 sachets
Water*	50ml	75ml	100ml
Olive Oil for the Salsa*	1½ tbsps	2 tbsps	2 tbsps
Grated Hard Italian Style Cheese 7 8 **	40g	60g	80g
 Chorizo**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	738g	100g
Energy (kJ/kcal)	3444/823	466/111
Fat (g)	20	3
Sat. Fat (g)	6	1
Carbohydrate (g)	122	17
Sugars (g)	27	4
Protein (g)	33	5
Salt (g)	5.31	0.72

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	783g	100g
Energy (kJ/kcal)	4162/995	531/127
Fat (g)	34	4
Sat. Fat (g)	11	1
Carbohydrate (g)	123	16
Sugars (g)	27	4
Protein (g)	45	6
Salt (g)	7.49	0.96

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.

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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 (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.



Finish the Sauce

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



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 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.



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.



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**, **sun-dried tomato paste** and a pinch of **sugar**, stir through and cook for 1 minute.



CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, add the **chorizo** to the pan with the **shallot** and fry for 3-4 min, continue with the rest of the recipe as instructed.



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 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.