



JUL
2016

Eggplant and Sun-dried Tomato Linguine

with Fresh Mozzarella and Parsley

Who has time for hours of stovetop simmering? Get all the flavor in less than half the time by adding sun-dried tomatoes to your sauce. Toss in roasted eggplant, fresh herbs, and a dash of spice for good measure and you've got yourself a meat-free crowd pleaser.



Prep: 10 min
Total: 35 min



level 1



veggie



nut free



Eggplant



Sun-dried Tomatoes



Diced Tomatoes



Chili Flakes



Yellow Onion



Garlic



Linguine




Fresh Mozzarella



Parsley

Ingredients

| | 2 People | 4 People |
|--|----------|----------|
| Eggplant | 1 | 2 |
| Sun-dried Tomatoes | 1 ½ oz | 3 oz |
| Diced Tomatoes | 1 Box | 2 Boxes |
| Chili Flakes  | 1 t | 1 t |
| Yellow Onion | 1 | 1 |
| Garlic | 2 Cloves | 4 Cloves |
| Parsley | ¼ oz | ½ oz |
| Linguine 1) | 6 oz | 12 oz |
| Fresh Mozzarella 2) | 4 oz | 8 oz |
| Sugar* | ½ t | 1 t |
| Olive Oil* | 1 T | 2 T |

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Large pot, Strainer, Large pan, Baking sheet

Ruler

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Nutrition per person Calories: 696 cal | Fat: 20 g | Sat. Fat: 7 g | Protein: 28 g | Carbs: 110 g | Sugar: 29 g | Sodium: 1006 mg | Fiber: 13 g

1



1 Prep and roast the eggplant: **Wash and dry all produce.** Preheat the oven to 450 degrees. Bring a large pot of **salted water** to a boil. Cut the **eggplant** into ½-inch cubes. Toss the eggplant on a baking sheet (you may need 2) with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, tossing halfway through cooking, until golden brown and soft.

2



2 Prep the remaining ingredients: Halve, peel, and dice the **onion**. Thinly slice the **sun-dried tomatoes**. Mince or grate the **garlic**. Roughly chop the **parsley leaves**. Tear the **mozzarella** into small pieces.

3 Cook the pasta: Add the **linguine** to the boiling water and cook 9-11 minutes, until al dente. Drain, reserving **½ cup pasta water**.

4



4 Make the sauce: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **onion**, **sun-dried tomatoes**, **garlic**, and a pinch of **chili flakes** (to taste) to the pan. Cook, tossing, for 5-6 minutes, until very soft. Add the **diced tomatoes** and **½ teaspoon sugar** to the pan and reduce to a low simmer. Once the **pasta** is drained, add the reserved **pasta water** into the **sauce**. Season generously with **salt** and **pepper**.

5



5 Toss: When the **eggplant** is done, toss it into the sauce along with the **linguine**, **mozzarella**, and **half the parsley**. Toss until thoroughly combined and mozzarella has melted. Taste and season with **salt** and **pepper**.

6 Serve: Plate the **pasta** and drizzle with a bit of **olive oil**, if desired. Garnish with the remaining **parsley** and enjoy!

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