



More than Food

hellofresh.com | hello@hellofresh.com



OCT 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!

Roasted Eggplant Linguine with Sundried Tomatoes, Basil, and Chilies

Roasting eggplant until slightly charred gives depth to this Southern-Italian inspired dish. A touch of sugar along with sweet sundried tomatoes balances out the sauce's acidity in lieu of hours of simmering.



35 min



level 1



nut free



vegan



Eggplant



Linguine



Yellow Onion



Basil



Garlic



Sundried Tomatoes




Crushed Tomatoes



Chili Flakes

Ingredients

	2 People	4 People
Eggplant	1	2
Linguine	1) 6 oz	12 oz
Yellow Onion	1	2
Basil	½ oz	1 oz
Garlic	2 cloves	4 cloves
Sundried Tomatoes	1½ oz	3 oz
Crushed Tomatoes	1 can	2 cans
Chili Flakes 	¼ t	½ t
Sugar *	1 t	1 t
Olive Oil *	2 T	4 T

*Not Included

Allergens

1) Wheat

Tools

Baking Sheet,
Large Pot, Large Pan,
Strainer

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 570 cal | Carbs: 101 g | Fat: 16 g | Protein: 15 g | Fiber: 12 g | Sodium: 440 mg

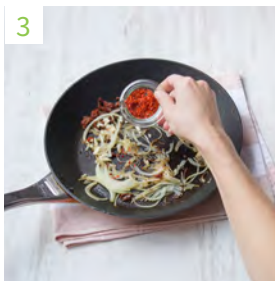
Make sure to wash and dry produce before prepping or cooking!



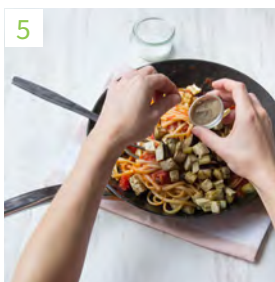
1 Preheat the oven to 400 degrees. Bring a large pot of water with a large pinch of **salt** to a boil. Halve, peel, and thinly slice the **onion**. Thinly slice the **basil**. Mince or grate the **garlic**. Cut the **eggplant** into ½-inch cubes. Chop the **sundried tomatoes**.



2 **Roast the eggplant:** toss the **eggplant** on a baking sheet with **1 Tablespoon olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 25-30 minutes, tossing halfway through cooking, until soft and golden brown around the edges.



3 **Make the tomato sauce:** heat **1 Tablespoon olive oil** in a large pan over medium heat. Add the **onion** and **sundried tomatoes** (to taste) and cook, tossing, for 4-5 minutes, until soft. Add the **garlic** and **¼ teaspoon chili flakes** (be sure to measure as we send more!) to the pan and cook for 30 seconds, until fragrant. Add the **crushed tomatoes** and **1 teaspoon sugar** to the pan and bring to a simmer over medium-low heat for about 10 minutes. Stir **half the basil** into the sauce, then season with **salt** and **pepper**.



4 Meanwhile, add the **linguine** to the boiling water and cook for 9-10 minutes, until al dente.

5 When the **linguine** is ready, drain it, then toss it into the **tomato sauce** along with the **roasted eggplant**. Season with **salt** and **pepper**.

6 Divide the **linguine** between bowls and sprinkle with the **remaining basil**. Enjoy!