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Aubergine Tagliatelle with Chilli and Sun-Dried Tomato

Somedays you want to be adventurous and others you just want a little more time to put your feet up. We made this dish with classic Italian notions of simplicity and speed at its heart. The sun-dried tomatoes used in this recipe are made from fresh tomatoes that are left for around ten days in the sun and lose roughly 90% of their water. This process intensifies their flavour so that even a couple will add a burst of sweet, intense flavour to your dinner. Buon appetito!



30 mins



spicy



veggie



4 of your
5 a day



healthy



Onion (1)



Flat Leaf Parsley
(½ bunch)



Garlic Clove (2)



Sun-Dried Tomatoes
(30g)



Aubergine
(1)



Chilli Flakes (a pinch)



Wholewheat Tagliatelle
(180g)



Chopped Tomatoes
(1 tin)




Hard Italian Cheese
(40g)

2 PEOPLE INGREDIENTS

- Onion, chopped
- Flat Leaf Parsley, chopped
- Garlic Clove, chopped
- Sun-Dried Tomatoes, chopped
- Aubergine, chopped

- 1** • Chilli Flakes
- ½ bunch** • Wholewheat Tagliatelle
- 2** • Chopped Tomatoes
- 30g** • Hard Italian Cheese
- 1**

- a pinch**
- 180g**
- 1 tin**
- 40g**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Sun-dried tomatoes first came about so that tomatoes could be enjoyed and provide valuable nutrition in the winter, when historically it was difficult or impossible to grow fresh produce.

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	540 kcal / 2241 kJ	10 g	4 g	87 g	18 g	22 g	3 g
Per 100g	87 kcal / 363 kJ	2 g	1 g	14 g	3 g	4 g	0 g

1



1 Pre-heat your grill to high. Boil a large pot of water. Peel and finely chop the **onion** and finely chop the **parsley**. Place the flat side of a large knife on the **garlic** and press down firmly to release the skin. Remove the skin and then finely chop both the **garlic** and the **sun-dried tomatoes**.

2



2 Slice the **aubergine** in half lengthways. Slice each half lengthways again into four long strips. Remove the white spongy parts with your knife. Now chop the **aubergine** widthways into 1cm chunks.

4



3 Mix your **aubergine** with a splash of **olive oil** and a pinch of **salt** and spread on a baking tray. Put this on the shelf closest to the grill and cook for around 15 mins, or until it is soft and slightly crispy around the edges.

4 In a non-stick frying pan, fry your **onion, garlic, sun-dried tomatoes** and **chilli flakes** in a splash of **olive oil** on medium heat until the onion is soft. This should take around 5 mins - be careful not to let the ingredients burn.

7



5 Cook the **tagliatelle** in the boiling water with a pinch of **salt** for around 11 mins, or until 'al dente', then drain. **Tip:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle - taste it as you go to get it just right.

6 Add the **tinned tomatoes** to your **garlic** and **onion mixture**, together with a few grinds of **black pepper** to taste. Let the mixture bubble on medium-low heat for around 5 mins, until you have a nice thick sauce.

7 Once your sauce has thickened up and your **aubergine** is cooked, stir it into your **sauce**.

8 Next, drop in your **pasta**. If you're feeling up to the task, then toss the ingredients together to mix them. If you don't fancy redecorating your kitchen, then you can always stir the ingredients instead. Taste for seasoning, and add a bit more **salt** or **pepper** if needed. Sprinkle over your **parsley** and the **grated cheese**. Voila!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!