



Bacon Rigatoni with Aubergine, Tomatoes and Feta

Family Hands On Time: 10 Minutes • Total Time: 35 Minutes • Medium Spice • 2 of your 5 a day

9



Aubergine



Garlic Clove



Baby Plum Tomatoes



Feta Cheese



Rigatoni



Bacon Lardons



Chilli Flakes



Finely Chopped
Tomatoes with Onion
and Garlic

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Baking Tray, Saucepan, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Baby Plum	1 small	1 large	1 large
Tomatoes	punnet	punnet	punnet
Feta Cheese 7) **	1 block	1½ blocks	2 blocks
Rigatoni 13)	200g	300g	400g
Bacon Lardons**	90g	120g	180g
Chilli Flakes	a pinch	a pinch	a pinch
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	613g	100g
Energy (kJ/kcal)	3174 /759	518 /124
Fat (g)	24	4
Sat. Fat (g)	12	2
Carbohydrate (g)	95	16
Sugars (g)	21	3
Protein (g)	35	6
Salt (g)	4.00	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten

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.

Contact

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Packed in the UK

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 You can recycle me!



Do the Prep

Preheat your oven to 200°C. Put a large saucepan of **water** with ½ tsp **salt** on to boil for the **pasta**. Trim the **aubergine** then halve lengthways. Chop each half into 1cm wide long strips then chop widthways into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes**. Crumble the **feta** into rough chunks.



Start the Sauce

In the meantime, heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **bacon lardons** and stir-fry until browned and crispy, 5-6 mins. **IMPORTANT:** Cook the **bacon lardons** throughout. Add the **garlic** and **chilli flakes** (only a pinch - they're hot), stir together and cook for 1 minute more. Pour in the **finely chopped tomatoes** and season with **salt** and **pepper**. Add a pinch of **sugar** and stir together.



Roast the Aubergine

Put the **aubergine** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and toss to coat. Spread out evenly in a single layer and roast on the top shelf of your oven until soft and browned, 18-25 mins. Turn halfway through cooking. Once cooked, remove from the oven.



Simmer

Lower the heat to medium and simmer the **sauce** until it has thickened and reduced by half, 6-7 mins. Once the **aubergine** is cooked, stir it into the **sauce**. Season to taste with **salt** and **pepper** if needed.



Cook the Pasta

Meanwhile, add the **rigatoni** to your pan of boiling **water** and cook until tender, about 12 mins. Once cooked, drain the **pasta** in a colander and return to the pan. Drizzle over a little **oil** and stir through to stop it sticking together.



Finish and Serve

Meanwhile, switch your oven to the grill setting. Put the **cherry tomatoes** and **feta** on the baking tray you used for the **aubergine** (no need to wash it). Drizzle with **oil** and season with **pepper**. Gently combine them, then grill until the **feta** is browned and the **tomatoes** are soft, 4-5 mins. Stir the **pasta** into the **sauce**. Serve in bowls with the grilled **tomatoes** and **feta** on top.

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.