



Chorizo Aubergine Spaghetti

with Chilli and Sun-Dried Tomatoes



HELLO AUBERGINE

The Greek name for aubergine is 'melitzana' which means 'apple of madness'!



Onion



Flat Leaf Parsley



Garlic Clove



Sun-Dried Tomatoes



Aubergine



Chilli Flakes



Wheat Spaghetti



Finely Chopped Tomatoes



Diced Chorizo

MEAL BAG

30 mins

2 of your 5 a day

Medium heat

Some days you just want a little time to put your feet up. We made this dish with the classic Italian notions of simplicity and speed at its heart. To make the special ingredient in this recipe, fresh tomatoes are left for around ten days in the sun and lose around 90% of their water to become sun-dried. This process intensifies their sweetness so much so, that even a couple will add a burst of flavour to your dinner. Buon appetito!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, **Fine Grater** (or **Garlic Press**), **Baking Tray**, **Frying Pan**, and a **Colander**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200 degrees. Put a large saucepan of water with a pinch of salt on to boil for the wheat spaghetti. Halve, peel and chop the **onion** into small pieces. Finely chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Finely chop the **sun-dried tomatoes**. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces.



2 GRILL THE AUBERGINE

Pop the **aubergine** on a baking tray and drizzle over a glug of **oil** and a pinch of **salt** and **pepper**. Toss to coat, arrange in a single layer then pop the tray on the top shelf of the oven. Cook the **aubergine** until soft and golden, 15-20 mins. Turn halfway through.



3 START THE SAUCE

While the **aubergine** is cooking, heat a drizzle of **oil** in a frying pan on medium heat. Add the **onion**, **sun-dried tomatoes** and **chilli flakes** (add less **chilli flakes** if you don't like spicy food, these flakes are HOT) and cook, stirring, until the **onion** is soft, 5 mins. Add the **garlic** and **chorizo** and cook for a further 2 mins.



4 COOK THE WHEAT SPAGHETTI

Add the **wheat spaghetti** to your pan of boiling water and cook for 11 mins. Drain in a colander and return to the pan off the heat. Drizzle over a little **oil** to stop it sticking together.



5 SIMMER THE SAUCE

Pour the **finely chopped tomatoes** into the **chorizo mixture**, together with a small pinch of **sugar** (if you have some) and some **salt** and **pepper**. Let the **sauce** simmer on medium heat until it is nice and thick, 5-10 mins. Once the **sauce** has thickened, stir in the **aubergine**.



6 COMBINE AND SERVE

Add the **wheat spaghetti** to the **tomato** and **chorizo sauce** along with the **parsley**. Stir to combine and serve in bowls. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Onion *	1	2	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Garlic Clove *	2	3	4
Sun-Dried Tomatoes	30g	45g	60g
Aubergine *	1	2	2
Chilli Flakes	a pinch	a pinch	a pinch
Wheat Spaghetti ¹³⁾	200g	300g	400g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Diced Chorizo *	60g	90g	120g

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 580G	PER 100G
Energy (kJ/kcal)	2711 / 648	468 / 112
Fat (g)	13	2
Sat. Fat (g)	4	1
Carbohydrate (g)	100	17
Sugars (g)	24	4
Protein (g)	28	5
Salt (g)	3.50	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

¹³⁾ Gluten

Wheat Spaghetti. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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