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## Grilled Aubergine Spaghetti with Chilli, Chorizo and Sun Dried Tomato

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



30 mins



super spicy



healthy



4 of your 5 a day



Onion (1)



Flat Leaf Parsley (½ bunch)



Garlic Clove (2)



Sun-Dried Tomatoes (30g)



Aubergine (1)



Chilli Flakes (¼ tsp)



Chorizo (2 packs)



Spaghetti (180g)



Chopped Tomatoes (1 tin)


## 2 PEOPLE INGREDIENTS

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

**1**  
**½ bunch**  
**2**  
**30g**  
**1**

- Chilli Flakes
- Chorizo
- Spaghetti
- Chopped Tomatoes

**¼ tsp**  
**2 packs**  
**180g**  
**1 tin**

 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.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	586 kcal / 2465 kJ	15 g	5 g	86 g	18 g	24 g	4 g
<b>Per 100g</b>	89 kcal / 373 kJ	2 g	1 g	13 g	3 g	4 g	1 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. Slice lengthways along each strip of **aubergine** to remove a bit of the white spongy part. Now chop your **aubergine** widthways into roughly 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 your **aubergine** for around 15-20 mins, or until it is soft and slightly crispy around the edges. **Tip:** *Keep an eye on your aubergine, if it looks like it is burning, turn the heat down slightly.*

**4** In a non-stick frying pan, fry your **onion, garlic, sun-dried tomatoes** and **chilli flakes** (if you likes things a bit spicy!) in a splash of **olive oil** on medium heat until your **onion** is soft. **Tip:** *This should take around 5 mins - be careful not to let the ingredients burn.* When your onion is soft add the **chorizo** and cook for a further 2 mins.

**7**



**5** Cook the **spaghetti** in the boiling water with a pinch of **salt** for around 10 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.*

**6** Add the **chopped tomatoes** to your **onion, garlic** and **chorizo mixture**, together with a small pinch of **sugar** (if you have some), pinch of **salt** and a few grinds of **black pepper**. Let the mixture bubble away on medium-low heat for around 5 mins, until you have a nice thick sauce.

**7** Once your **sauce** has thickened up, stir in your grilled **aubergine**.

**8** Next, drop your drained **pasta** into the pan and sprinkle over your **parsley**. If you're feeling up to the task, then toss your ingredients together to mix them. If you don't fancy redecorating your kitchen, then you can always stir your ingredients instead.

**9** Serve in bowls and enjoy!

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