



MARINATED EGGPLANT IN TOMATO SAUCE

with Fresh Mozzarella and Spaghetti

VEGGIE



HELLO EGGPLANT

When roasted these aubergines give off a smoky, nutty flavour!

TIME: 30 MIN



Baby Eggplant



Fresh Mozzarella



Crushed Tomatoes



Italian Seasoning



Balsamic Vinegar



Baby Spinach



Spaghetti



Green Olives



Garlic

BUST OUT

- Baking Sheet
- Garlic Press
- Measuring Cups
- Medium Pot
- Small Bowl
- Aluminum Foil
- Measuring Spoons
- Large Pot
- Strainer
- Whisk
- Silicone Brush
- Salt and Pepper
- Sugar (1 tsp | 2 tsp)
- Olive or Canola Oil

INGREDIENTS

2-person | 4-person

- Baby Eggplant 160 g | 320 g
- Fresh Mozzarella 2 125 g | 250 g
- Crushed Tomatoes 1 box | 2 box
- Italian Seasoning 9 1 tbsp | 2 tbsp
- Balsamic Vinegar 9 1 tbsp | 2 tbsp
- Baby Spinach 56 g | 113 g
- Spaghetti 1 170 g | 340 g
- Green Olives 30 g | 60 g
- Garlic 3 g | 6 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG



Preheat your broiler to **high** (to broil eggplant). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce.* In a large pot, add **12 cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. (**NOTE:** Use same size pot, water and salt amount for 4 ppl.) Meanwhile, roughly chop **olives**. Peel, then mince or grate **garlic**. Cut **mozzarella** into ½-inch rounds. Cut **eggplant** into ¼-inch rounds. Season both sides with **salt**. Set aside.



4 MAKE TOMATO SAUCE Meanwhile, heat a medium pot over medium-high heat. When the pot is hot, add **1 tsp oil** (dbl for 4 ppl), then **remaining garlic** and **2 tsp Italian seasoning** (dbl for 4 ppl). Cook, stirring often, until fragrant, 30 sec. Add **crushed tomatoes** and **1 tsp sugar** (dbl for 4 ppl). Cook, stirring occasionally, until warmed through, 2-3 min. Add **olives** and **baby spinach**. Cook, stirring often, until **spinach** wilts, 1-2 min. Season with **salt** and **pepper**.

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2 COOK PASTA In a small bowl, whisk together **half the garlic**, **1 tbsp vinegar** (dbl for 4 ppl), **1 tsp Italian seasoning** (dbl for 4 ppl) and **2 tbsp oil** (dbl for 4 ppl). Set aside. To the large pot, add **spaghetti**. Cook, stirring occasionally, until tender, 10-12 min. When **spaghetti** is tender, drain and return to the same pot, off heat.



5 FINISH AND SERVE To the large pot with **spaghetti**, add **tomato sauce**, then stir to coat. Divide **spaghetti** between plates, and serve with **eggplant slices**.



3 BROIL EGGPLANT On a foil-lined baking sheet, arrange **eggplant slices** into a single layer. Brush both sides of **eggplant slices** with **balsamic mixture** from the small bowl. Top with **mozzarella slices**. Broil in **middle** of oven, until **eggplant slices** soften and **mozzarella** melts, 6-8 min.

SNAPSHOT!

These golden baked eggplant slices are Insta-worthy!