



Roasted Pepper and Aubergine Linguine with Pine Nuts and Chives

17

Rapid 20 Minutes • 3 of your 5 a day • Veggie



Aubergine



Green Pepper



Linguine



Garlic Clove



Chives



Pine Nuts



Finely Chopped
Tomatoes with
Onion and Garlic



Vegetable Stock
Paste



Sun-Dried
Tomato Paste



Grated Hard Italian
Style Cheese

Pantry Items
Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, baking tray, colander, garlic press, frying pan and bowl.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Green Pepper**	1	1	2
Linguine 13	180g	270g	360g
Garlic Clove**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Pine Nuts	15g	22g	30g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ carton	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Grated Hard Italian Style Cheese** 7 8	40g	40g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	579g	100g
Energy (kJ/kcal)	2572 /615	444 /106
Fat (g)	14	2
Sat. Fat (g)	5	1
Carbohydrate (g)	90	16
Sugars (g)	23	4
Protein (g)	26	4
Salt (g)	3.65	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Ready to Roast

a) Preheat your oven to 220°C. Bring a large saucepan of **water** to the boil with ¼ **tsp salt** for the **pasta**.

b) Trim the **aubergine**, then chop into roughly 2cm pieces.

c) Halve the **pepper** and discard the core and seeds. Chop into 2cm pieces.

d) Pop both **veg** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf until soft, 15-18 mins. Turn halfway through.



Simmer the Sauce

a) Pop your pan back on medium heat and add a drizzle of **oil**. When hot, add the **garlic** and cook, stirring, for 30 secs.

b) Stir in the **finely chopped tomatoes, vegetable stock paste, sun-dried tomato paste, water** and **sugar for the sauce** (see ingredients for both amounts). Season with **salt** and **pepper**.

c) Bring to the boil, then reduce the heat and simmer until thickened, 4-5 mins.



Cook the Pasta

a) Add the **linguine** to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

b) Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Mix in the Veg

a) Once cooked, combine the **roasted veg, cooked pasta** and **sauce** in whichever pan is the largest.

b) Stir in **half the chives** and **half the hard Italian style cheese**. **TIP:** Add a splash more water if it seems a bit dry.

c) Season to taste with **salt** and **pepper** if needed.



Prep Time

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Finely chop the **chives** (use scissors if easier).

c) Heat a large frying pan on medium heat (no oil). Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily.

d) Transfer the **pine nuts** to a bowl and set aside.



Serve

a) When everything is ready, serve your **roasted pepper and aubergine linguine** in bowls.

b) Finish with the **pine nuts** and a sprinkling of the remaining **chives** and **cheese**.

Enjoy!