HELLO FRESH

Eggplant Pasta alla Norma
with Parmesan & Parsley

VEGGIE FAVES   **NEW**

Eggplant

Tomato

Carrot

Spaghetti

Garlic

Onion

Garlic & Herb Seasoning

Passata

Chilli Flakes (Optional)

Vegetable Stock Powder

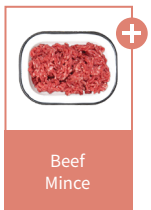Grated Parmesan Cheese

Parsley
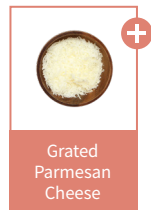
Grated Parmesan Cheese **+**

Beef Mince **+**

Recipe Update

We've replaced the courgette in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Pantry items

Olive Oil, Butter, Brown Sugar

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Pasta alla Norma is the Sicilian staple that everyone will love! Roasted eggplant is tossed through a rich tomato sauce with golden strings of spaghetti to hold it all together. We've added a couple of other veggies to ours for added goodness; you won't need to be a vegetarian to love this meat-free meal!

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
tomato	1	2
carrot	1	2
spaghetti	1 packet	2 packets
garlic	2 cloves	4 cloves
onion	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
passata	1 packet	2 packets
chilli flakes 🌶 (optional)	1 pinch	1 pinch
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2678kJ (640cal)	216kJ (52cal)
Protein (g)	19.6g	1.6g
Fat, total (g)	20g	1.6g
- saturated (g)	9g	0.7g
Carbohydrate (g)	90.4g	7.3g
- sugars (g)	18.4g	1.5g
Sodium (mg)	1231mg	99.3mg
Dietary Fibre (g)	13.7g	1.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Cut **eggplant** into 1cm chunks. Cut **tomato** and **carrot** into bite-sized chunks.

2. Roast the veggies

- Place **eggplant**, **tomato** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

3. Cook the spaghetti

- Pour boiled water into a large saucepan over high heat with a pinch of **salt**.
- Cook **spaghetti** in the boiling water and cook, until 'al dente', **10 minutes**.
- Reserve **pasta** water (½ cup for 2 people / 1 cup for 4 people). Drain **spaghetti**, then return to saucepan.

4. Cook the sauce

- Meanwhile, finely chop **garlic** and **onion** **(see ingredients)**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until tender, **4-5 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook until fragrant, **1-2 minutes**.

5. Bring it all together

- Reduce heat to medium, then add **passata**, a pinch of **chilli flakes** (if using), **vegetable stock powder**, the **butter**, **brown sugar** and reserved **pasta water**. Simmer, until slightly reduced, **2-3 minutes**.
- Remove pan from heat and stir through the **roasted vegetables** and **cooked spaghetti**. Season to taste.

6. Serve up

- Divide eggplant pasta alla Norma between bowls and garnish with **grated Parmesan cheese**.
- Tear over **parsley** to serve. Enjoy!

We're here to help!
Scan here if you have any questions or concerns
2024 | CW40

CUSTOM OPTIONS

➕ **DOUBLE GRATED PARMESAN**
Follow method above.

➕ **ADD BEEF MINCE**
Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.