



Bacon & Roasted Eggplant Fusilli

with Crumbly Cheese & Basil

Grab your Meal Kit with this symbol



Garlic



Eggplant



Red Onion



Garlic & Herb Seasoning



Fusilli



Diced Bacon



Tomato Paste



Tinned Cherry Tomatoes



Baby Spinach Leaves



Greek Salad Cheese/
Feta Cheese



Basil

Hands-on: 30-40 mins
Ready in: 35-45 mins

Add layers of flavour to fusilli with bacon and an array of rainbow veggies roasted in Mediterranean-inspired seasonings. Paired with a rich tomato sauce and aromatic basil leaves, your finished dish will be transformed into a taste sensation.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

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

Ingredients

| | 2 People | 4 People |
|---------------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| garlic | 2 cloves | 4 cloves |
| eggplant | 1 | 2 |
| red onion | 1 (medium) | 1 (large) |
| garlic & herb seasoning | 1 sachet | 1 sachet |
| fusilli | 1 packet | 1 packet |
| diced bacon | 1 packet | 1 packet |
| tomato paste | ½ packet | 1 packet |
| tinned cherry tomatoes | 1 tin | 2 tins |
| brown sugar* | 1 tsp | 2 tsp |
| baby spinach leaves | 1 bag (30g) | 1 bag (60g) |
| butter* | 30g | 60g |
| Greek salad cheese/ feta cheese | ½ packet (25g) | 1 packet (50g) |
| basil | 1 bag | 1 bag |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3122kJ (746Cal) | 582kJ (139Cal) |
| Protein (g) | 27.4g | 5.1g |
| Fat, total (g) | 29.5g | 5.5g |
| - saturated (g) | 15g | 2.8g |
| Carbohydrate (g) | 87.4g | 16.3g |
| - sugars (g) | 18.6g | 3.5g |
| Sodium (mg) | 1131mg | 211mg |

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Finely chop the **garlic**. Cut the **eggplant** into small chunks. Slice the **red onion** into wedges.



Cook the bacon

When the veggies have **5 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **diced bacon**, breaking up with a spoon, until golden, **5-6 minutes**. Add the **garlic** and **tomato paste** (see ingredients) and cook until fragrant, **1 minute**.



Roast the veggies

Place the **eggplant, onion** and **garlic & herb seasoning** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Make it saucy

Add the **tinned cherry tomatoes, brown sugar** and reserved **pasta water** and cook until slightly reduced, **2-3 minutes**. Add the cooked **fusilli, roasted veggies, baby spinach leaves** and the **butter**. Stir to combine. Season to taste.



Cook the fusilli

While the veggies are roasting, cook the **fusilli** in the boiling water until 'al dente', **11 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain and return the **fusilli** to the saucepan. Drizzle with a little **olive oil** to prevent sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Serve up

Divide the bacon and roasted eggplant fusilli between bowls. Crumble over the **cheese** (see ingredients). Tear over the **basil** to serve.

Enjoy!