



Mediterranean Roasted Eggplant Fusilli

with Feta, Flaked Almonds & Basil

Grab your Meal Kit with this symbol



Garlic



Eggplant



Capsicum



Red Onion



Garlic & Herb Seasoning



Fusilli



Flaked Almonds



Tomato Paste



Tinned Baby Roma Tomatoes



Vegetable Stock Powder



Feta



Basil

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**

Low Calorie

Add layers of flavour to fusilli with an array of rainbow veggies roasted in Mediterranean-inspired seasonings. Paired with a rich baby Roma 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
capsicum	1	2
red onion	1 (medium)	1 (large)
garlic & herb seasoning	1 sachet	1 sachet
fusilli	1 packet	2 packets
flaked almonds	1 packet	2 packets
tomato paste	½ packet	1 packet
tinned baby Roma tomatoes	1 tin	2 tins
vegetable stock powder	1 sachet	1 sachet
brown sugar*	1 tsp	2 tsp
butter*	30g	60g
feta	1 block (100g)	2 blocks (200g)
basil	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2260kJ (541Cal)	426kJ (102Cal)
Protein (g)	19.9g	3.8g
Fat, total (g)	5.7g	1.1g
- saturated (g)	0.9g	0.2g
Carbohydrate (g)	96.3g	18.1g
- sugars (g)	22.0g	4.2g
Sodium (mg)	1140mg	215mg

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.



1. 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** (or use a garlic press). Cut the **eggplant** into 1cm chunks. Thinly slice the **capsicum** into strips. Slice the **red onion** into 2cm wedges.



2. Roast the veggies

Spread the **veggies** and **garlic & herb seasoning** over an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, separate across two trays.



3. Cook the fusilli

While the veggies are roasting, add the **fusilli** to the saucepan of boiling water and cook 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.



4. Toast the almonds

While the pasta is cooking, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl and set aside.



5. Make the sauce

When the **veggies** have **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **garlic** and **tomato paste (see ingredients list)** and cook until fragrant, **1 minute**. Add the **tinned baby Roma tomatoes, vegetable stock powder, brown sugar** and **reserved pasta water** and cook until slightly reduced, **2-3 minutes**. Season to taste. Add the cooked **fusilli**, roasted **veggies, butter** and crumble in **1/2** the **feta**. Stir to combine.



6. Serve up

Divide the Mediterranean roasted eggplant fusilli between plates. Crumble over the remaining feta. Top with the toasted almonds and tear over the **basil**.

Enjoy!