



Mediterranean Roasted Eggplant Farfalle

with Cherry Tomatoes & Crumbly Cheese

Grab your Meal Kit with this symbol



Garlic



Eggplant



Red Onion



Capsicum



Garlic & Herb Seasoning



Farfalle



Tomato Paste



Tinned Cherry Tomatoes



Vegetable Stock Powder



Greek Salad Cheese/
Feta Cheese



Basil

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

Add layers of flavour to fusilli with 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)
capsicum	1	2
garlic & herb seasoning	1 sachet	1 sachet
farfalle	1 packet	2 packets
tomato paste	½ packet	1 packet
tinned cherry tomatoes	1 tin	2 tins
vegetable stock powder	1 sachet	1 sachet
brown sugar*	1 tsp	2 tsp
butter*	30g	60g
Greek salad cheese/ feta cheese	1 packet (100g)	2 packets (200g)
basil	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3114kJ (744Cal)	576kJ (137Cal)
Protein (g)	25.2g	4.7g
Fat, total (g)	25.6g	4.7g
- saturated (g)	16.3g	3g
Carbohydrate (g)	96.7g	17.9g
- sugars (g)	20.3g	3.8g
Sodium (mg)	1623mg	300mg

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.



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. Thinly slice the **capsicum** into strips.



Roast the veggies

Place the **veggies** and **garlic & herb seasoning** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.

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



Cook the pasta

While the veggies are roasting, cook the **farfalle** 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 to the saucepan. Drizzle with a little **olive oil** to prevent the pasta from sticking.

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



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**. Cook the **garlic** and **tomato paste** (see ingredients) until fragrant, **1 minute**. Add the **tinned cherry tomatoes**, **vegetable stock powder**, **brown sugar** and reserved **pasta water** and cook until slightly reduced, **2-3 minutes**. Season to taste.



Bring it all together

Add the cooked **farfalle**, roasted **veggies** and the **butter** to the sauce, then crumble in 1/2 the **cheese**. Stir to combine.

TIP: Combine the pasta in the saucepan if your frying pan isn't big enough.



Serve up

Divide the Mediterranean roasted eggplant farfalle between bowls. Crumble over the remaining cheese. Tear over the **basil**.

Enjoy!