



Mediterranean Roasted Eggplant Farfalle

with Cherry Tomatoes & Crumbly Cheese

Grab your Meal Kit with this symbol



Garlic



Eggplant



Red Onion



Thyme



Garlic & Herb Seasoning



Farfalle



Tomato Paste



Tinned Cherry Tomatoes



Baby Spinach Leaves



Vegetable Stock Powder



Greek Salad Cheese/
Feta Cheese

Keep an eye out...
Due to recent sourcing challenges, we've replaced basil with thyme, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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 cherry tomato sauce and aromatic thyme, 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)
thyme	1 bag	1 bag
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
baby spinach leaves	1 bag (30g)	1 bag (60g)
vegetable stock powder	1 sachet	1 sachet
brown sugar*	1 tsp	2 tsp
butter*	30g	60g
Greek salad cheese/ feta cheese	1 block (100g)	2 blocks (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3114kJ (744Cal)	576kJ (138Cal)
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. Roughly chop the **thyme** leaves.



Make the sauce

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



Roast the veggies

Place the **eggplant, onion** and **garlic & herb seasoning** on a lined oven tray. Drizzle with **olive oil**, then 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.



Bring it all together

Add the cooked **farfalle**, roasted **veggies** and **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.



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 the **pasta** and return to the saucepan. Drizzle with **olive oil** to prevent sticking.

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



Serve up

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

Enjoy!