



Mediterranean Roasted Eggplant Farfalle

with Cherry Tomatoes & Crumbly Cheese

Grab your Meal Kit with this symbol



Garlic



Eggplant



Courgette



Red Onion



Garlic & Herb Seasoning



Farfalle



Tomato Paste



Tinned Cherry Tomatoes



Baby Spinach Leaves



Vegetable Stock Powder



Greek Salad Cheese/ Feta Cheese



Thyme

Hands-on: **15-25 mins**
Ready in: **30-40 mins**

Add layers of flavour to farfalle 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
courgette	1	2
red onion	1 (medium)	1 (large)
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 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
butter*	30g	60g
Greek salad cheese/ feta cheese	1 packet (100g)	2 packets (200g)
thyme	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3192kJ (763Cal)	481kJ (115Cal)
Protein (g)	26.3g	4g
Fat, total (g)	26g	3.9g
- saturated (g)	16.3g	2.5g
Carbohydrate (g)	98.8g	14.9g
- sugars (g)	22.5g	3.4g
Sodium (mg)	1624mg	245mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2021 | CW28

1



Roast the veggies

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

3



Cook the pasta

- When veggies have **5 minutes** cook time remaining, heat a large frying pan over a medium high heat with a drizzle of **olive oil**.
- Cook **garlic** and **tomato paste** (see ingredients) until fragrant, **1 minute**. Add **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.
- Add cooked **farfalle**, roasted **veggies** and the **butter**, 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.

2



Cook the pasta

- While the veggies are roasting, cook **farfalle** in the boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **pasta** and return to pan. Drizzle with a little **olive oil** to prevent sticking.

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

4



Serve up

- Pick **thyme** leaves.
- Divide Mediterranean roasted eggplant farfalle between bowls.
- Crumble over remaining cheese. Garnish with thyme.

Enjoy!